BLOOD DONOR DEFERRAL GUIDELINES

There are a number of criteria that will disqualify an individual from being a volunteer blood donor.

YOU CAN NOT DONATE BLOOD IF YOU...  
1. Do not have proper identification, or if it has expired.
2. Are not feeling well.
3. Are under 16 years of age (16 year-olds must have signed parent/guardian consent).
4. Weigh less than 110 pounds. (16 year-olds must weigh at least 130 lbs.).
5. Have taken antibiotics for an infection within the last 48 hours (oral or injection).
6. Have had dental work or oral surgery within the last 72 hours (dental cleaning/filling should wait only 24 hours).
7. Have taken Proscar or Propecia (Finasteride) in the last 30 days.
8. Have taken Accutane (Isotretinoin) or oral Retin-A in the last 30 days.
9. Are currently pregnant or have given birth in the past 6 weeks.
10. Have had a vaccination in the last 8 weeks, such as Measles, Mumps, Rubella, Meningitis, Chicken Pox, etc. (Check vaccination type with staff member). No wait for flu or COVID vaccines, as long as you are feeling well.
11. Have had a tattoo that was self-applied, applied in an unlicensed tattoo parlor, non-professionally applied, or applied outside of the country in the last 3 months. (Acceptable immediately if the tattoo was applied in a state that inspects and licenses tattoo parlors and antiseptic technique was used.**)
12. Have had an ear or body piercing that was self-applied or done at an unlicensed facility in the past 3 months. (No deferral if done with single use, sterile equipment such as a piercing gun)**
13. Have had a blood component transfusion or non-self tissue transplant (bone, skin, tendon, etc.) Within the last 3 months.
14. Have taken Avodart or Jalyn (Dutasteride) in the last 6 months.
15. Have had a branding in the past 3 months.
16. Have taken Hepatitis B Immune Globulin in the past 12 months (Given following exposure to the virus).
17. Have had Malaria in the past 3 years or visited a malaria risk area within the last 3 months.
18. From 1980 through 1996, spent time that adds up to 3 months or more in the United Kingdom countries of England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands*  
19. From 1980 to the present, received a blood transfusion in France, Ireland, England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands*.  
20. Have a history of heart disease, angina, or other heart problems (arrhythmias, etc.).  
22. Have taken Tegison (Acitretin) or Soriatane (Etretinate) for Psoriasis.  
23. Have a history of, or ever tested positive for, Hepatitis B or C.  
24. Have a history of a bleeding or clotting disorder (Hemophilia A or B, Factor V Leiden Deficiency, etc.).  
25. Have a history of any blood or bone marrow malignancy (Leukemia, Lymphoma, Myeloma, etc.).  
26. Are currently being treated, or have recently been treated for any soft tissue malignancies (colon, breast, kidney, etc.) You may be eligible to donate again if it has been at least 1 year from your last treatment.
27. Have Sickle Cell Disease (Sickle Cell Trait donors are eligible).  
28. Have chronic kidney or liver disease.  
29. Have Tuberculosis, or a positive test for Tuberculosis, and are currently taking medications for treatment.  
30. Are HIV positive, had previous reactive HIV test(s), or have participated in activities that place you at higher risk for contracting the virus. (Please see the Blood Donor Educational Material for details)

RECENT CRITERIA CHANGES:

**Tattoos, Permanent Makeup, and Body Piercing: New changes as of January 2022
- If your tattoo was applied at a licensed tattoo parlor using sterile technique, donor is eligible immediately.  
- Tattoos applied by a Dermatologist (M.D.) as permanent makeup (eyeliner, lip color, etc.) are acceptable - no waiting period.
- 3 months deferral if tattoo was applied in a state that does not license parlors, was self-applied, non-professionally applied, or if the tattoo was applied outside of the country.
- There is no deferral for ear or body piercings if performed using sterile single-use equipment.
- 3 months deferral for self-piercings or those not performed using sterile single-use equipment.
- Body branding is a 3 month deferral

*Creutzfeldt-Jakob Disease (vCJD) “Mad Cow” Countries of Risk
No longer deferred as per the 2020 FDA Guidance Changes:
- Donors who have spent 5 years of more in Europe from 1980 to present (excluding France and/or Ireland between 1980 through 2001)
- Donors who lived in any U.S. Military bases in Northern Europe (Germany, Belgium, and the Netherlands) for 6 months or more from 1980 through 1990.
- Donors who have lived in any U.S. Military bases elsewhere in Europe (Greece, Turkey, Spain, Portugal, and Italy) for 6 months or more from 1980 through 1996.

If you were deferred from donating blood for these reasons you may be eligible to donate.

TheBloodCenter.org (800) 86-BLOOD
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