



# BLOOD DONOR ELIGIBILITY GUIDE

This information can be used as a general guide to help answer questions or concerns that may arise regarding donor eligibility. Eligibility for blood donation with Central California Blood Center is determined by criteria established by the Food and Drug Administration (FDA) as well as other blood banking industry regulatory agencies.

## General Eligibility Requirements:

All donors should be in overall good health, and are encouraged to be rested and well-nourished at the time of donation.

Whole Blood Eligibility		Double Red Eligibility		Platelet Eligibility		Plasma Eligibility	
FEMALES	MALES	FEMALES	MALES	FEMALES	MALES	FEMALES	MALES
110 lbs minimum	110 lbs minimum	150+ lbs 5'5"	130+ lbs 5'1"	110 lbs minimum	110 lbs minimum	110 lbs minimum	110 lbs minimum
16+ years of age	16+ years of age	16+ years of age	16+ years of age	16+ years of age	16+ years of age	16+ years of age	16+ years of age
56 days	56 days	112 days	112 days	2 weeks	2 weeks	28 days	28 days

Prior to donation, all potential donors must register with Central California Blood Center and provide a form of identification printed with their name (e.g., driver's license, credit card, etc.)

### Age

If first time donors are 16 years old they must have a signed Central California Blood Center Parental/Guardian Permission Form.

### Alcohol

Permissible if not under the influence at the time of donation.

### Antibiotics

Donors should not donate if currently taking for an infection.

### Cancer

For some types of cancer, donors are eligible to donate once treatment is completed. Those who have had leukemia or lymphoma are permanently deferred.

### Cold

You should not donate if you have a cold on the day of donation.

### Diabetes

Okay if well controlled by diet and medications.

### Drugs/Medicines

Some medications may be fine for blood donation. At the time of donation, donors will be provided a Medication Deferral List to review.

### Ear/Skin Piercing

Okay if performed in a licensed facility with single use, sterile instruments and equipment.

### Epilepsy/Convulsions/Seizures

Okay if seizure-free for three months.

### Heart Problems or Heart Surgery (Now or in the Past)

Some heart conditions are acceptable for blood donation and others may not be.

### Infections

Donors should not donate with an infection or if currently taking medication prescribed for an infection.

### Pregnancy

Okay six weeks after pregnancy ends. Breastfeeding is not a cause for deferral.

### Vaccine

Some vaccinations may be fine for blood donation. At the time of donation, donors will need to provide names of vaccines received in the last eight weeks.

### Tattoos

Okay if performed in a facility licensed to apply tattoos in the state of: Iowa, South Dakota, Nebraska, Illinois, Alabama, Alaska, Arkansas, Arizona, California, Colorado, Delaware, Florida, Hawaii, Indiana, Kansas, Kentucky, Louisiana, Maine, Michigan, Minnesota, Mississippi, Missouri, Montana, New Jersey, North Carolina, Ohio, Oklahoma, Oregon, Rhode Island, South Carolina, Tennessee, Texas, Vermont, Virginia, West Virginia, Washington, or Wisconsin.

### Travel

Some travel outside of the United States may lead to a deferral. Donors will be required to provide specific locations as well as duration of stay and dates of return to determine donation eligibility.

### Weight

Maximum weight allowed is 350 pounds on our bloodmobile vehicles, 400 pounds at a donor center location, and 500 pounds at on-site mobile blood drives.

For specific questions regarding donation eligibility, call (559) 389-5433

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