ANIMAL BITES: You MIGHT be able to donate today if your bite is from a non-primate (e.g., cat or dog), with or without broken skin, is acceptable provided the animal did not have rabies and there is no inflammation (redness) or infection. Primate (e.g., monkey) bites require a 12-month deferral if the skin was broken. Please call the Red Cross if you have any questions.

BODY OR EAR PIERCING: Piercing must be done with a sterile or single-use needle, otherwise there is a 12-month deferral. These rules are also the same for acupuncture and electrolysis. Please call the Red Cross if you have any questions.

HISTORY OF ANIMAL BITE: Is acceptable provided the donor has been medically evaluated, treated and is fully recovered with no limitations or restrictions on normal daily activity. Please call the Red Cross if you have any questions.

LUNG DISEASE: (including asbestosis, asthma, chronic obstructive pulmonary disease (COPD), emphysema) Donors with these conditions must have no trouble breathing at the time of donation and no limitations or restrictions in normal daily activities (i.e., do not require the use of supplemental oxygen) to be eligible to donate. Donors with emphysema must have been medically evaluated, treated for the condition, and have no physical restrictions in daily activities. Please call the Red Cross if you have any questions.

LYME DISEASE: Donors who have had Lyme disease or have been vaccinated for this illness should call to discuss the situation with the Red Cross.

TATTOO WITHIN THE LAST 12 MONTHS: A tattoo is acceptable if your tattoo was applied in a regulated facility AND in a state that regulates tattoo facilities AND in a facility where only sterile, single-use needles and ink are used OR if it has been 12 months or more since your tattoo was applied. A tattoo from the following states is acceptable: Alabama, Florida, Mississippi, North Carolina, South Carolina and Tennessee. Please call the Red Cross if you have any questions.

TRAVEL OUTSIDE THE UNITED STATES: Eligibility to donate due to travel outside the United States varies. We have included an attachment that you may find useful. Since the travel rules can be complex, please call the Red Cross if you have any questions.

VACCINATIONS: Eligibility following vaccination depends on the vaccine. In general there is no deferral for donors who had a flu, pneumonia (pneumococcal) or DPT (diphtheria, pertussis, tetanus) vaccination provided that they have no fever and feel well. Other vaccinations require individual assessment - please call the Red Cross if you have any questions.

MEDICATIONS: You may be deferred if you have taken: Proscar Propecia Accutane Sotret Avodart Amnesteem Claravis Soriatane Tegison  Bovine or Beef Insulin, please speak to a Red Cross staff person. (If you have taken Clopidogrel Plavix Hormone from Human Pituitary Glands Ticlid Traflox)

SKIN RASH: If the skin rash is not infected and is not present in the 3-inch area around the needle insertion site.

PREVENTATIVE (PROPHYLACTIC) ANTIBIOTICS: Provided that you have no active infection and are taking the antibiotic as prevention only for any of the following conditions: acne, gum disease, prior to dental work, peptic ulcer disease, chronic bronchitis, chronic prostatitis, rosacea, ulcerative colitis, and valvular heart disease. Antibiotics taken as preventative only for other conditions may be acceptable - check with the Red Cross.

BREAST FEEDING: Six weeks after delivery.

HERPES: On or off of antiviral medication, including during any acute outbreak.
**Areas with NO Travel Exclusions**

- Albania
- Andorra
- Angola
- Antigua
- Aruba
- Australia
- Austria
- Azores
- Bahrain
- Barbados
- Barbuda
- Belarus
- Belgium
- Bermuda
- Bonaire (Netherland Antilles)
- Bora-Bora (French Polynesia)
- Brunei (Brunei Darussalam)
- Canada
- Canary Islands
- Cayman Islands
- Chile
- Cuba
- Curaçao (Netherland Antilles)
- Diego Garcia (British Indian Ocean Territory)
- Easter Island
- Falkland Islands
- Fiji
- Galapagos Islands
- Grenada
- Guadeloupe
- Guam
- Israel
- Japan
- Jordan
- Kazakhstan
- Kiribati (Gilbert Islands)
- Kuwait
- Lebanon
- Lesotho
- Libya
- Malta
- Marshall Islands
- Martinique
- New Caledonia
- New Zealand
- Northern Mariana Islands
- Pacific Islands (US Trust Territory)
- Palau
- Puerto Rico
- Qatar
- Saint Kitts and Nevis
- Saint Lucia
- Saint Vincent & the Grenadines
- Seychelles
- Singapore
- South Georgia Islands
- South Sandwich Islands
- Tahiti (French Polynesia)
- Taiwan
- Tonga
- Trinidad and Tobago
- Tunisia
- Turks and Caicos
- Tuvalu
- United Arab Emirates
- Uruguay
- Virgin Islands (U.S. and British)

**Areas with Travel Exclusions**

**Please do not donate if you:**

- From January 1, 1980 through December 31, 1996:
  - Spent a total time that adds up to 3 months in any country that comprises the United Kingdom.

- From January 1, 1980 through December 31, 1990:
  - Spent a total time of 6 months or more on or associated with a military base in Belgium, the Netherlands (Holland) or Germany as a member of the U.S. military, a military dependent or as a civilian military employee.

- From January 1, 1980 through December 31, 1996:
  - Spent a total time of 6 months or more on or associated with a military base in Spain, Portugal, Turkey, Italy or Greece as a member of the U.S. military, a military dependent or as a civilian military employee.

- From January 1, 1980, to the present:
  - Spent a total time that adds up to 5 years or more in most countries or combination of countries in Western or Eastern Europe. Time spent in the United Kingdom between January 1, 1980 and December 31, 1996 and associated with military bases, as described above, is to be added to the total time spent in Europe.
  - Had a blood transfusion in the United Kingdom.

If any of these apply to you, your donation cannot currently be accepted for transfusion to others.

**Because travel restrictions are complex, please discuss your travel history with a Red Cross staff member.**

**Additional travel restrictions may apply to some areas of countries not listed in this guide.**

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**To schedule an appointment, please call:**

1-800-GIVE-LIFE (448-3543) or visit us at redcrossblood.org

Please Bring Photo ID

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**NOTE:** This document provides an overview of eligibility information for sponsors and donors only. It is not an official tool for health history screening because eligibility rules are subject to change.

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**Blood & Platelet Donor Eligibility At-A-Glance**

**Areas with NO Travel Exclusions**

- Albania
- Andorra
- Angola
- Antigua
- Aruba
- Australia
- Austria
- Azores
- Bahrain
- Barbados
- Barbuda
- Belarus
- Belgium
- Bermuda
- Bonaire (Netherland Antilles)
- Bora-Bora (French Polynesia)
- Brunei (Brunei Darussalam)
- Canada
- Canary Islands
- Cayman Islands
- Chile
- Cuba
- Curaçao (Netherland Antilles)
- Diego Garcia (British Indian Ocean Territory)
- Easter Island
- Falkland Islands
- Fiji
- Galapagos Islands
- Grenada
- Guadeloupe
- Guam
- Israel
- Japan
- Jordan
- Kazakhstan
- Kiribati (Gilbert Islands)
- Kuwait
- Lebanon
- Lesotho
- Libya
- Malta
- Marshall Islands
- Martinique
- New Caledonia
- New Zealand
- Northern Mariana Islands
- Pacific Islands (US Trust Territory)
- Palau
- Puerto Rico
- Qatar
- Saint Kitts and Nevis
- Saint Lucia
- Saint Vincent & the Grenadines
- Seychelles
- Singapore
- South Georgia Islands
- South Sandwich Islands
- Tahiti (French Polynesia)
- Taiwan
- Tonga
- Trinidad and Tobago
- Tunisia
- Turks and Caicos
- Tuvalu
- United Arab Emirates
- Uruguay
- Virgin Islands (U.S. and British)

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  - Had a blood transfusion in the United Kingdom.

**If any of these apply to you, your donation cannot currently be accepted for transfusion to others.**

**Because travel restrictions are complex, please discuss your travel history with a Red Cross staff member.**

**You would be deferred if you traveled anywhere in the following countries in the past year:**

- Angola
- Benin
- Burkina Faso (Upper Volta)
- Burundi
- Comoros
- Côte d’Ivoire (Ivory Coast)
- Dem. Rep. of Congo (Zaire)
- Djibouti
- East Timor
- French Guiana*
- Gambia
- Ghana
- Guinea
- Guinea-Bissau
- Liberia
- Madagascar
- Mali
- Mayotte (French Territory Collectivity)
- Mozambique
- Namibia
- São Tomé & Principe
- Senegal
- Sierra Leone
- Somalia
- Sudan
- Togo
- Uganda
- Vanuatu
- Zambia

*All areas except Devil’s Island and other coastal islands.

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**Individuals who were born in, have lived, or received blood transfusions in these countries since January 1, 1977 are indefinitely deferred:**

- Cameroon
- Central African Republic
- Chad
- Congo
- Equatorial Guinea
- Gabon
- Niger

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**The need is constant.**

**The gratification is instant.**

**Give blood.™**

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Revised 08/09