

MISSION CRITICAL

Make it Your Mission to Save lives

DONATE BLOOD



ASBP
Armed Services Blood Program

CAN I DONATE BLOOD?

First Ask Yourself:



- Have you traveled out of the country in the last 28 days?
- Come in contact with anyone who has traveled out of the country in the last 28 days?
- Have had symptoms that include: fever, cough, shortness of breath, have experienced mild to severe respiratory illness?

If any of these apply, please do not donate at this time.

General Guidelines:

17 or older | Weigh 116 pounds or more | Be free of cold/flu symptoms for at least 3 days.



Common Medical Deferral Questions:

- Tattoos from most states only require a 7-day wait. Tattoos overseas or the following states require a 3 month wait: Connecticut, District of Columbia, Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New Mexico, New York, North Dakota, Oklahoma, Pennsylvania, Puerto Rico, U.S. Virgin Islands, Utah & Wyoming.
- Most medications are acceptable, including aspirin, blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc. If you are taking antibiotics for an infection, you must wait 72 hours after your last dose.
- Wait 4 weeks after an MMR or Varicella vaccination, 3 weeks for Smallpox.



Common Travel* Deferral Questions:

**See initial statement above on travel within last 28 days.*

- Donors who have been to Afghanistan, Djibouti and Niger must wait three months. Visits to Kuwait, Qatar and Morocco do not require any wait time.
- Donors who were south of Seoul, Korea may donate immediately, but donors who traveled north of Seoul for more than 24 hours must wait three months.
- Indefinitely ineligible if:
1980-1996 in the UK more than 3 months (England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, or the Falkland Islands)
- 1980-2001 in France or Ireland 5 years or more cumulatively, ask for specifics.

*We need everyone who
CAN donate to do their part!*

**TRIPLER ARMY MEDICAL CENTER
BLOOD DONOR CENTER
808.433.6148**