

Find the  
**hero**  
in you.

## BLOOD DONATION ON THE FAST TRACK

Donors have told us they would like to get through the donation process faster. We are committed to respecting your time while ensuring a safe blood supply for the patients in your community. We're working on new systems and processes to help speed things up; here's how you can help:

1. Bring **personal identification**. We prefer ID that has your picture and full name. Some acceptable forms of ID include: Driver's License, Work or School ID (with picture and full name) or Passport. Bringing along your Blood Donor Card will help get you through the registration process quickly. If you don't have one, please ask our staff to order one for you.
2. Bring a list of all countries (and cities/areas) you have visited (with dates) in the past 12 months and do the same for all European countries you've visited since 1980. To help, we have included a form (on page 2) for you to complete before your next donation. **Please be sure to update this list every time you travel and every time you donate.**
3. Wear a top with loose-fitting sleeves (preferably short sleeves) so that we can appropriately check your blood pressure and check for the best vein to use to collect your blood.
4. Make an appointment. We make every attempt to take donors with appointments before "walk-ins." To schedule your lifesaving appointment, visit our website (it's below our logo at the bottom of this page).

### Blood Donor Qualifications

<b>Basic Qualifications</b>	<p><b>Age</b> 16 or older for whole blood or apheresis donations (parental permission is required for all 16-year-old donors and, in some states, for 17-year-old donors.)</p> <p><b>Weight:</b> At least 110 pounds (50 kg) There are some weight and height restrictions for <b>donors younger than 23</b>. See chart below.</p> <p><b>Waiting Period between donations:</b>          whole blood donations: 56 days      platelet donations: 7 days          double red cell donations: 112 days      plasma donations: 28 days</p>
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Height/Weight Restrictions for Donors Age 16-22 Eligibility is Based on Estimated Total Blood Volume								
<b>Males</b> between 16 and 22: you must be at least 5' tall and weigh at least 110 pounds.								
<b>Females</b> between 16 and 22: If you weigh at least 110 but are shorter than 5'6", please refer to this chart*:								
<b>Females who are:</b>	≥ 4'10"	≥ 4' 11"	≥ 5'	≥ 5'1"	≥ 5'2"	≥ 5'3"	≥ 5'4"	≥ 5'5"
<b>Must weigh:</b>	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115
*Shorter people must weigh more to achieve a 3500 mL blood volume.								

*Please see page 2 for additional qualifications, our medications list, and other important information.*

*Thanks for finding the hero in you!*

*Together we can make your donation safe, fun and as quick as possible!*



## Blood Donor Qualifications, continued

<b>We Ask You Not to Donate if You:</b>	<ul style="list-style-type: none"> <li>• Have <b>cold or flu</b> symptoms or do not feel well on the day of donation.</li> <li>• Had <b>hepatitis</b> after your 11th birthday.</li> <li>• Have had close contact with someone with clinical <b>hepatitis</b> within the past 12 months.</li> <li>• Have a history of cancer in the past year (except some skin or in situ cancers).</li> <li>• Had a blood <b>transfusion</b>, ear/skin <b>piercing**</b>, <b>acupuncture**</b>, accidental <b>needlestick</b> or come in contact with someone else's blood in the past 12 months. (*Ear/skin piercing and acupuncture procedures may be acceptable depending the technique used.)</li> <li>• Are donating at Blood Centers of the Pacific, United Blood Services Central Coast or Community Blood Bank (Rancho Mirage) and have had a <b>tattoo</b> in the past 12 months.</li> <li>• At other United Blood Services locations, tattoo may be acceptable if done at a regulated business in an approved state. Contact your local center for a list of approved states.</li> <li>• Had <b>malaria</b> in the past or <b>traveled to a malarial area</b> in the past 12 months.</li> <li>• Are or have been <b>pregnant</b> in the past 6 weeks.</li> <li>• Have been treated for <b>syphilis</b> or <b>gonorrhea</b> in the past 12 months.</li> <li>• Have <b>used a needle</b> to inject non-prescription drugs (including steroids).</li> <li>• Are at risk for <b>exposure to HIV</b>, the virus that causes AIDS.</li> <li>• Have been diagnosed with <b>chronic fatigue syndrome</b> by a physician.</li> </ul>
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**If you take medication**, you probably are eligible to donate. Here is a list of medications that may keep you from donating for a period of time:

Medication	Waiting Time
Antibiotic or other medication for infection	Until you are finished taking it and have no symptoms of infection
Proscar, Propecia, finasteride, Accutane, isotretinoin, Amnesteem, Claravis, Sotret	One month since last dose
Avodart, dutasteride, Arava, leflunomide	Six months since last dose
Blood transfusion, unlicensed vaccine or hepatitis B immune globulin injection (not the hepatitis B vaccine, but treatment given following an exposure to hepatitis B)	One year since last dose
Soriatane, acitretin	Three years since last dose
Tegison, etretinate, growth hormone from human pituitary glands, bovine or beef insulin, clotting factor concentrates	May not donate blood

### Please List Your Travel

**Travel to Europe since 1980:** Albania, Andorra, Austria, Azores (Portugal), Belgium, Bosnia-Herzegovina, Bulgaria, Canary Islands (Spain), Ceuta (Spain), Croatia, Czech Republic, Denmark, Finland, France, French Guiana (France), Germany, Greece, Guadeloupe (France), Hungary, Ireland (Republic of Ireland), Isla de Alboran (Spain), Islas Chafarinas (Spain), Italy, Liechtenstein, Luxembourg, Macedonia, Martinique (France), Mayotte (France), Melilla (Spain), Monaco, Netherlands, Norway, Penon de Alhucemas (Spain), Penon de Velez de la Gomera (Spain), Poland, Portugal, Reunion (France), Romania, San Marino, Serbia, Slovak Republic (Slovakia), Slovenia, Spain, Sweden, Switzerland, Turkey (only if you were associated with a military base there), United Kingdom (including England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar, and the Falkland Islands), Vatican City, and Federal Republic of Yugoslavia.

European Country	Dates of Arrival and Departure	Length of Stay

**Other Travel Outside US (past 12 months):**

Country (include areas/regions & cities)	Date of Departure from That Country