Travel Outside of the United States continued:

- If between 1980-1996 a donor spent a total of 3 months or more in the UK (England, Northern Ireland, Wales, Scotland, Isle of Man, Channel Islands, Gibraltar, Falkland Islands), they will be deferred indefinitely.
- A donor will be indefinitely deferred if they spent a total of 5 or more years in Europe since 1980.

Permanent Deferral

AIDS: Potential donors at risk of AIDS are permanently deferred, including anyone who has:

- Ever injected drugs not prescribed by a physician
- Tested positive for the human immunodeficiency virus (HIV)
- Engaged in sex for money or drugs since 1977
- Signs or symptoms of AIDS including: fever of 100.5°F for more than 10 days, unexplained weight loss, unexplained night sweats, swollen lymph nodes, persistent diarrhea, persistent white spots or unusual blemishes in the mouth, blue or purple spots typical of Koposi’s Sarcoma on or under the skin or mucous membranes
- (Men) Had sex with another man, one or more times since 1977

Do not give blood to get an AIDS test. Please see your doctor or local health department to get tested. We are required to report all positive HIV results to public health officials.

HEMOPHILIA: Donors with Hemophilia who have received clotting factor concentrates are permanently deferred.

Questions

For additional eligibility questions or to obtain more information, please contact our office at 704-972-4700.
Suggestions for a Successful Donation

- Drink plenty of fluids for several days prior to and following your donation.
- Eat iron rich foods like lean meats, beans, iron fortified grains and dark green vegetables for several days prior to your donation.
- Eat a good meal before you donate.

Minimum Requirements for Donation

Age: The minimum age to donate blood is 16. All 16-year-olds must have a CBCC parental consent form signed in order to donate. There is no upper age limit to donate.

Weight: Donors must weigh at least 120 pounds for whole blood donation.

Blood Pressure: If blood pressure is within acceptable limits on day of donation, donor will be able to donate with or without medications.

Hemoglobin: Each donor’s hemoglobin is tested at the blood collection site. An acceptable range is between 12.5-19.0 g/dl. If a donor is deferred, they may try to donate again the next day.

Deferral and Acceptance Guidelines

Blood Transfusion: A donor will be deferred for 12 months after the date of a blood transfusion. A donor will be indefinitely deferred for a blood transfusion received in the UK or France since 1980.

Cancer: Most former cancer patients may donate blood once a finished with treatment. Leukemia, lymphoma, Hodgkin’s disease and multiple myeloma are permanent deferrals.

Cold, Flu or Sore Throat: Donors will be temporarily deferred for active cold or flu symptoms such as fever, sore throat, productive cough, or upper respiratory infection until symptoms have subsided.

Tattoos: There is no deferral for tattoos done at a licensed facility with a single use needle/ink. If not professionally done, wait one year to donate.

Diabetes: Donors with diabetes, even those taking insulin, can donate. A donor will be indefinitely deferred if they have received an injection of bovine (beef) insulin made from cattle from the UK since 1980.

Donation Intervals: A donor may donate whole blood every 56 days, platelets every 14 days, and double red cells every 112 days.

Heart Disease/Surgery: Donors who have been diagnosed with heart disease will be evaluated individually.

Hepatitis/Unexplained Jaundice: Donors will be able to donate for jaundice or hepatitis associated with birth, medications, CMV, mononucleosis, gall bladder disease, or hepatitis before age 11. A donor will be deferred if confirmed positive for HBsAg, repeat reactive anti-HCV or anti-HBc at any age.

High Risk Behavior: A donor will be temporarily deferred if they have:
- Been incarcerated for more than 72 consecutive hours within the previous 12 months
- Had or been treated for syphilis or gonorrhea within the past 12 months
- Received a transfusion (except albumin, RHIG, etc.) within the last 12 months
- Had sex with anyone at risk for contracting HIV within the past 12 months

Immunization/Vaccination: Donors will be deferred for 4 weeks for German Measles (Rubella), MMR (Measles, Mumps and Rubella), Chicken Pox vaccine (Varivax) and after each Hepatitis vaccine. Call for a complete list.

Malaria: A donor will be deferred for 3 years after the date of their last symptom.

Pregnancy: Women will be deferred while pregnant and will be able to donate 6 weeks after delivery, even if nursing.

Skin Disease and Rash: Donors suffering from a rash or skin disease will be individually evaluated. The phlebotomy site must be free of rash/skin disease.

Travel Outside of the United States:
- Donors will be deferred for 12 months after traveling to a malaria risk area. If the donor wasn’t in the actual risk area, they will be able to donate.
- Donors who were born or lived in a malaria risk area for 5 or more years will be deferred 3 years from the time of departure, even if the area of the country the donor lived in was not malaria endemic for immigrants, refugees, or citizens coming from a country with malaria endemic areas. View at map of malaria risk areas at: http://cdc-malaria.ncsa.uiuc.edu.