

ELIGIBILITY REQUIREMENTS



"My blood donations are part of my crusade to help replace what was used to help my daughter, Kim. I want to be sure that the next time something like this happens blood will be there for someone else."—Bill Short, grateful father and loyal blood donor

Are you ready to save lives?

DONATING BLOOD IS SAFE AND CONVENIENT WHEN YOU ARE:

- In good health
- 17 years or older—16 with written parental consent (form at NCBB.ORG)
- Weigh at least 110 pounds*
- Free of antibiotics for 24 hours, unless taken for preventative reasons
- Symptom-free for at least 72 hours following a cold or flu

PREPARE FOR A GREAT DONOR EXPERIENCE

- Wait approximately 3 months after making a whole blood donation before donating again
- Make iron-rich foods part of your daily diet:
 - Those who donate two or more times per year should consider taking an over-the-counter iron supplement
 - This is especially important for female donors
- Get a solid night's sleep before donating
- Eat a full meal within 6 hours prior to your appointment
- Avoid strenuous physical activity or heavy lifting for the rest of the day
- Make sure your body is fully hydrated—drink 16 ounces or more just prior to donating and plenty of fluids for the remainder of the day

GENERAL GUIDELINES

To ensure the safety of our community's blood supply—safeguarding donors and recipients alike—certain restrictions apply to determine donor eligibility.

- Medical-related restrictions may include: uncontrolled hypertension; recent history of cancer, leukemia, or lymphoma; as well as risk of exposure to hepatitis, HIV, or AIDS; etc.
- International travel may defer you from donating if you have:
 - Traveled to areas endemic for malaria (3-month deferral)
 - Lived in a malaria-endemic area (3-year deferral)
 - Spent 5 years or more in France and/or Ireland from 1980-2001 (indefinite deferral)
 - Spent 3 months or more in the United Kingdom from 1980-1996 (indefinite deferral)

There is no deferral for a tattoo or body piercing if it is in a licensed facility within a regulated state.

*There are specific height and weight requirements for 16-18 year-old female donors.

NOTE: The information provided here covers general guidelines established by Nebraska Community Blood Bank and the Food and Drug Administration (FDA), the agency that regulates blood collection in the U.S. Conditions and restrictions governing blood safety and blood donation may change at any time. Please contact Nebraska Community Blood Bank at **1-877-486-9414** to verify eligibility.

 **Nebraska**
Community Blood Bank



NCBB.ORG • 1-877-486-9414

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The need for blood is constant. The supply is not.

Call **1-877-486-9414** or visit **NCBB.ORG** to make an appointment to donate today. Save time and complete your health history questionnaire online *on the day of your donation* at **NCBB.ORG/iDonate**.