

# REQUIREMENTS FOR ALL BLOOD AND BLOOD COMPONENTS DONORS



<b>Age</b>	17 years or older or 16 years with parental consent form
<b>Identification</b>	Valid Photo ID (such as a driver's license or passport) must be presented at time of donation.
<b>Health</b>	Feeling well day of donation

## SPECIFIC DONOR REQUIREMENTS FOR DONATION TYPES:

	WHOLE BLOOD	DOUBLE RED CELLS*	PLATELETS*	PLASMA*
<b>Weight</b>	Male or Female: 110 lbs. minimum	Male: 130 lbs. minimum Female: 150 lbs. minimum	Male or Female: 110 lbs. minimum	Male or Female: 110 lbs. minimum
<b>Height</b>	Male or Female: No height requirement	Male: At least 5' 1" Female: At least 5' 5"	Male or Female: No height requirement	Male or Female: No height requirement
<b>Other Qualifications</b>	Male Iron Level > 13.0 g/dL Female Iron Level > 12.5 g/dL Non-Binary Iron Level > 13.0 g/dL  ** Iron level will be checked prior to donation.	Male Iron Level > 13.3 g/dL Female Iron Level >13.3 g/dL  ** Iron level will be checked prior to donation.	Not have taken aspirin or aspirin-related products within 48 hours of donation.  Platelet Count: Minimum 150k $\mu$ L  ** Platelet level will be checked prior to donation.	Male Iron Level > 13.0 g/dL Female Iron Level > 12.5 g/dL  ** Iron level will be checked prior to donation.
<b>Last Donation</b>	56 days (8 weeks) from last whole blood donation	112 days (16 weeks) from last double red cell donation  56 days (8 weeks) from last whole blood donation	14 days (2 weeks) from last platelet donation or whole blood donation	28 days (4 weeks) from last platelet donation or whole blood donation

**Give Local, Save Local**

**1-866-BLOODSAVES (1-866-256-6372).**

\*While the recent individual donor questionnaire changes allow for individuals to donate regardless of gender identity, unfortunately the manufacturers of the apheresis instruments have to implement software updates to allow for those that identify as Non-Binary to donate. In an effort to ensure these individuals are not misgendered and are collected safely, we are limiting those that identify as non-binary to whole blood donations for the time being.