



DONOR REQUIREMENTS

Effective 05/23/2016

ZIKV (Zika) - Indiana Blood Center asks that you do not donate if you have:

- Resided in or travelled to a country at risk for Zika (see list at <http://www.cdc.gov/zika/geo/active-countries.html>) in the last 42 days (6 weeks). You may return for your donation 28 days after your return to the United States.
- A history of Zika infection or exhibited signs and symptoms of Zika infection within two weeks of departure from an area with active transmission of Zika. You may return for your donation 28 days after resolution of the symptoms.
- Had sexual contact with a man who has been diagnosed with Zika or who traveled to or resided in an area with active transmission of Zika in the three months prior to that instance of sexual contact. You may return for your donation 28 days after the last date of sexual contact.

Individuals who want to donate whole blood or apheresis must be:

- At least 16 years old (donors under the age of 17 may only donate whole blood, and must have a signed parental/guardian consent form).
- At least 19 years old and weigh a minimum of 110 pounds.
- Greater than or equal to (age 18 and younger):
 - 5' tall if you are male.
 - 5' 6" tall if you are female.
 Donors less than the minimum height will have the minimum weight determined by the applicable chart below.
- Pass a brief mini-physical and health history screening.
- Be healthy.
- Bring picture I.D.

Donations may be temporarily postponed for the following reasons:

- If within the last 12 months, you have traveled to a malaria risk area.
- If within the last 12 months, you have had a transfusion (except self-donated).
- If within the last 12 months, you have had acupuncture, electrolysis or skin piercing by an unapproved method.

- If within the last month, you have had a tattoo in a regulated facility.
- If within the last 12 months, you have had a tattoo in an unregulated facility or by an unapproved method.
- If within the last 12 months, you have had sexual contact with, or reside(d) with someone having viral hepatitis.

Other reasons your donation will be temporarily postponed:

- If you have an active allergy or active hay fever on the day of your donation.
- If you are pregnant or it has not been six weeks since the end of your pregnancy.
- If you have had certain cancers in the last year.

Most medications will not necessarily prevent you from donating!

- Examples of acceptable medications: antibiotics for acne, hormones, birth control pills, thyroid medication, and blood pressure medication.
- Donors who have been off the following medications for the length of time indicated can be accepted: antibiotics for infection (day after last dose *and* infection resolved); Accutane, Propecia, Proscar (all 1 month); Avodart (6 months); Soriatane (3 years).
- Do not stop taking any medication without your doctor's approval.

You cannot donate if:

- You are in a high risk group for exposure to the AIDS virus.
- You have had viral hepatitis after age 10.
- You have ever had syphilis.
- You have ever taken Tegison.
- You have ever injected illegal drugs.

Donation Intervals

Whole Blood: Every 56 days
 Platelets: Every 7 days
 Double Red Cells: Every 112 days

Male Donors					
Height	≥ 4' 8"	≥ 4' 9"	≥ 4' 10"	≥ 4' 11"	≥ 5'
Minimum Weight	≥ 130	≥ 125	≥ 120	≥ 115	≥ 110

Female Donors											
Height	≥ 4' 8"	≥ 4' 9"	≥ 4' 10"	≥ 4' 11"	≥ 5'	≥ 5' 1"	≥ 5' 2"	≥ 5' 3"	≥ 5' 4"	≥ 5' 5"	≥ 5' 6"
Minimum Weight	≥ 154	≥ 150	≥ 146	≥ 142	≥ 138	≥ 133	≥ 129	≥ 124	≥ 120	≥ 115	≥ 110

When in doubt of your eligibility to donate, please call or visit an Indiana Blood Center location. For additional information regarding blood donations, please visit www.indianablood.org or call 317-916-5150 or 800-632-4722 ext. 5150.

YOU CAN SAFELY DONATE WHOLE BLOOD EVERY 56 DAYS!