ANIMAL BITES: You MIGHT be able to donate today if...

- From a non-primate (i.e., cat or dog), with or without broken skin, is acceptable provided the animal did not have rabies and there is no inflammation (redness) or infection. Primate (i.e., monkey) bites require a 12-month deferral if the skin was broken. Please call the Red Cross if you have any questions.

BODY OR EAR PIERCING: Piercing must be done with a sterile or single-use needle, otherwise there is a 12-month deferral. These rules are also the same for acupuncture and electrolysis. Please call the Red Cross if you have any questions.

HISTOPLASMOsis: Is acceptable provided that the donor has been medically evaluated, treated and is fully recovered with no limitations or restrictions on normal daily activity. Please call the Red Cross if you have any questions.

LUNG DISEASE: (including asbestosis, asthma, chronic obstructive pulmonary disease (COPD), emphysema) Donors with these conditions must have no trouble breathing at the time of donation and no limitations or restrictions in normal daily activities (i.e., do not require the use of supplemental oxygen) to be eligible to donate. Donors with emphysema must have been medically evaluated, treated for the condition, and have no physical restrictions in daily activities. Please call the Red Cross if you have any questions.

LYME DISEASE: Donors who have had Lyme disease or have been vaccinated for this illness should call to discuss the situation with the Red Cross.

TATTOO WITHIN THE LAST 12 MONTHS: A tattoo is acceptable if your tattoo was applied in a regulated facility AND in a state that regulates tattoo facilities AND in a facility where only sterile, single-use... Florida, Mississippi, North Carolina, South Carolina and Tennessee. Please call the Red Cross if you have any questions.

TRAVEL OUTSIDE THE UNITED STATES: Eligibility following travel outside the United States varies. We have included an attachment that you may find useful. Since the

BLOOD CLOT: In a blood vessel within the last 6 months or if the blood clot has gone to your lungs within the last 6 months.

BLOOD DISEASES: Most blood diseases are an INDEFINITE DEFERRAL, however, many blood disease TRAITS are acceptable. Please call to discuss your situation with the Red Cross.

BLOOD EXPOSURE: Non-sterile needlestick or blood or body fluid exposure onto an open wound or mucous membrane within the last 12 months.

BLOOD TRANSFUSION FROM ANOTHER PERSON: 12-month deferral.

CANCER: Must require a 1-year deferral from the last date of treatment. Donors with blood cancers such as leukemia and lymphoma are indefinitely deferred, as are donors who do not know the cancer type. If you have previously been deferred for cancer, please call the Red Cross. See also ‘SKIN CANCER’.

HEART CONDITION: If your heart attack was more than 6 months ago or longer and medically evaluated/treated and in the past 6 months you have had no symptoms and no limitations or restrictions on normal daily activity. Please call the Red Cross if you have any questions.

MRSA (Methicillin-Resistant Staphylococcus Aureus infection): You may donate if you have completed the prescribed treatment and have fully recovered, with no symptoms remaining.

PREVENTATIVE (PROPHYLACTIC) ANTIBIOTICS: Provided that you have no active infection and are taking the antibiotic as prevention only for any of the following conditions: acne, gum disease, prior to dental work, peptic ulcer disease, chronic bronchitis, chronic prostatitis, rosacea, ulcerative colitis, and vulvar heart disease. Antibiotics taken as preventative only for other conditions may be acceptable - check with the Red Cross.

SKIN RASH: If the skin rash is not infected and is not present in the 3-inch area around the needle insertion site.

PREVENTIVE (PROPHYLACTIC) ANTIBIOTICS: Provided that you have no active infection and are taking the antibiotic as prevention only for any of the following conditions: acne, gum disease, prior to dental work, peptic ulcer disease, chronic bronchitis, chronic prostatitis, rosacea, ulcerative colitis, and vulvar heart disease. Antibiotics taken as preventative only for other conditions may be acceptable - check with the Red Cross.

BREAST FEEDING: Six weeks after delivery.

HERPES: On or off antiviral medication, including during any active outbreak.
Areas with NO Travel Exclusions

- Albania
- Andorra
- Angola
- Antigua
- Aruba
- Australia
- Austria
- Azores
- Bahrain
- Barbados
- Barbuda
- Belarus
- Belgium
- Bermuda
- Bonaire (Netherlands Antilles)
- Bora-Bora (French Polynesia)
- Brunei (Brunei Darussalam)
- Canada
- Canary Islands
- Cayman Islands
- Chile
- Cuba
- Curacao (Netherlands Antilles)
- Diego Garcia (British Indian Ocean Territory)
- Easter Island
- Falkland Islands
- Fiji
- Galapagos Islands
- Grenada
- Guadeloupe
- Guam
- Israel
- Japan
- Jordan
- Kazakhstan
- Kiribati (Gilbert Islands)
- Kuwait
- Lebanon
- Lesotho
- Libya
- Malawi
- Malta
- Marshall Islands
- Martinique
- The following cities in Mexico
  Note that rural travel between cities may be cause for deferral
  - Acapulco (in Guerrero)
  - Cancun (except ruins)
  - Cozumel
  - Guadalupe
  - Mazatlan
  - Mexico City
  - Puerto Vallarta
  - Tijuana
  - Vera Cruz
  - Morelos
  - Montserrat
  - New Caledonia
  - New Zealand
  - Northern Mariana Islands
  - Pacific Islands (US Trust Territory)
  - Palau
  - Puerto Rico
  - Qatar
  - Saba
  - Saint Croix
  - Saint Eustatius
  - Saint Helena
  - Saint Lucia
  - Saint Kitts and Nevis
  - Saint Martin
  - Saint Thomas
  - Saint Vincent & the Grenadines
  - Seychelles
  - Singapore
  - South Georgia Islands
  - South Sandwich Islands

Donor Eligibility At-A-Glance

Include the following areas:

- Angola
- Benin
- Burkina Faso (Upper Volta)
- Burundi
- Comoros
- Cote d’Ivoire (Ivory Coast)
- Dem. Rep. of Congo (Zaire)
- Djibouti
- East Timor
- French Guiana
- Gambia
- Ghana
- Guinea
- Guinea-Bissau
- Liberia
- Madagascar
- Malawi
- Mali
- Mayotte (French Territorial Collectivity)
- Mozambique
- Namibia
- Sao Tome & Principe
- Senegal
- Sierra Leone
- Somalia
- Sudan
- Togo
- Uganda
- Vanuatu
- Zambia

NOTE: This document provides an overview of eligibility information for sponsors and donors only. It is not an official tool for health history screening because eligibility rules are subject to change.