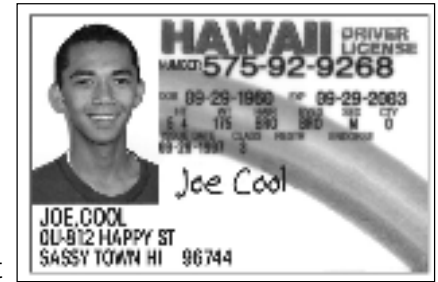


Who Can Donate?

The basic blood donor qualifications are simple:

- Be in good health
- Be 18 years of age or older (or 17 with parental consent)
- Weigh at least 110 pounds
- Have a valid photo ID (must include a birth date)



For answers to any Blood Bank questions, including medical questions, medications, travel restrictions and donor eligibility, call the donor hotline at 848-4733 or nursing at 845-9966 ext.739.

Travel Restrictions

Travel to certain regions, where malaria or HIV group “0” are prevalent, requires a wait period of one year before donating. These regions include rural areas of China, South Korea and the Philippines.

New FDA travel restrictions have been implemented as a precaution against variant Creutzfeldt-Jakob Disease (vCJD), the human form of mad cow disease.

People with a history of the following are no longer eligible to donate blood:

- Residence in the United Kingdom for 3 months or more between 1980 and 1996
- Recipients of a blood transfusion in the United Kingdom between 1980 and the present
- Residence in Europe for five years or more, between 1980 and 1996
- Military personnel (current and former) and their dependents, who spent time on military bases in Europe for six months or more between 1980 and 1996



Medication Restrictions

A one-week wait period is required after taking antibiotics.

Donors taking blood pressure medication should call the Blood Bank of Hawaii to find out how their eligibility is affected. Most donors on blood pressure medication will be cleared to donate.

General Health

Donors must be in good health and, therefore, must wait at least 72 hours to donate after experiencing cold or flu symptoms.

A one-year wait is required if you have had:

- A tattoo
- Any type of body piercing (with the exception of ear piercing by a licensed professional)