

*ready. set. donate.*



**saving lives  
starts with you.**

**DONATE BLOOD**

**Note:**

*Deferrals and information listed  
not exhaustive or all inclusive.*

*Contact your local ASBP  
donor center for additional  
eligibility and deferral  
information or concerns.*

MHS

Military Health System  
health.mil

**ASBP**  
Armed Services Blood Program

## CAN I DONATE?



### COVID-19 Questions:

- Tested positive for COVID-19 in last 10 days?
- 14 days or less recovered from COVID-19?
- Have had symptoms that include: fever, cough, shortness of breath, have experienced mild to severe respiratory illness?

***If any of these apply,  
please do not donate blood at this time.***



### General Eligibility

- 17 or older
- Weigh 116\* pounds or more
- Be free of cold/flu symptoms for at least 3 days



### Common Medical Deferral Questions:

- Tattoos or Permanent Makeup from most states only require a 7-day wait. Tattoos overseas or the following states require a 3-month wait: Connecticut, District of Columbia, Georgia, Idaho, Maryland, Massachusetts, Nevada, New Hampshire, New Mexico, New York, North Dakota, Oklahoma, Pennsylvania, Puerto Rico, U.S. Virgin Islands, Utah & Wyoming.
- Most medications are acceptable (no deferral time), including aspirin, blood pressure or cholesterol medications, birth control, antidepressants, pain medications, etc. If you are taking antibiotics for an infection, you must wait to donate 72 hours after your last dose.
- Wait to donate: 4 weeks after an MMR or Varicella vaccination, 3 weeks for Smallpox. **No wait time/deferral** for Influenza or COVID-19 vaccination (Pfizer, Moderna, or Johnson) or booster.



### Common Travel Deferral Questions:

- Donors who have been to Afghanistan, Djibouti and Niger must wait one year. Visits to Kuwait, Qatar and Morocco do not require any wait time.
- Donors who were south of Seoul, Korea do not require any wait time- no deferral, but donors who traveled north of Seoul for more than 24 hours must wait one year.
- Indefinitely ineligible-deferred if:  
1980-1996 in the UK more than 3 months  
1980-2001 in France or Ireland 5 years or more cumulatively; ask for specifics.

***\*Weight eligibility can vary based on type of product donating.***