**WHO CAN DONATE?**

Your donors will need to meet certain guidelines for eligibility determined by the American Association of Blood Banks and the U.S. Food and Drug Administration. You cannot donate if you have AIDS, a positive HIV test, some blood diseases, most cancers, diabetes requiring insulin, epilepsy or chronic lung, liver or heart disease or if you have had hepatitis. The following is a partial list of guidelines to determine your donor’s eligibility; a complete guide is provided to the blood drive chairperson and committee. All donors must provide a photo I.D. and proof of age to donate blood.

**General**
The donor must be in good health and feeling well.

**Age**
At least 17 years of age. 16 year olds are eligible provided they have written approval from a parent/guardian.

**Weight**
110 pounds or more.

**Diet**
It is recommended to eat something within the four hours preceding the donation.

**Interval Between Blood Donations**
Must be eight (8) weeks between regular whole blood donations. Waiting period must be sixteen (16) weeks after double red cell apheresis; 48 hours after platelet apheresis.

**Cold or Flu**
Fever, persistent cough, sore throat or chest congestion disqualifies a donor.

**Medications**
Please bring a list of medications taken and refer to the Heartland staff for acceptability.

**Travel Outside the U.S.**
Travel to certain parts of the world may be cause for deferral. Check with the Heartland staff to determine eligibility.