DONOR ELIGIBILITY REQUIREMENTS

Listed below are a few requirements to determine if someone is eligible to donate. DO NOT schedule a donor if they do no meet the requirements as explained below.

Basic Requirements

- Age 17-79*
- Minimum weight: 110 lbs.
- Photo ID
- Proof of age required for high school students

Good Health

- No fever, sore throat or flu-like symptoms.
- No active cold or allergy symptoms (congestion, coughing, wheezing).
- No recent major surgery.
- No history of hepatitis.

Medications

If a donor is taking an antibiotic, other than one prescribed for treating acne, they may not give blood. A donor must be off all other antibiotics for 24 hours before being eligible to give blood. Ask the donor to bring the names of any medications they are currently using.

Travel

If the donor has traveled outside the U.S., please ask that they bring a list of any countries/cities they have visited. Donors should know where they went, when they went, and how long they were there. Please Note: Malaria risk areas change on a continual basis.

Tattoos/Body Piercing/Branding

A donor that has had a tattoo, body piercing or branding within the past 12 months may not give blood. Ear piercing conducted by a reputable technician using an ear piercing gun is acceptable.

Food & Beverages

Blood donors are required to eat a good meal within three hours before giving blood. Drink plenty of fluids (water, juice, non-caffeinated beverages). Eating iron-rich foods is encouraged to boost iron/hemoglobin levels prior to blood donation. Avoid energy drinks and caffeinated beverages!

Sports

If a donor plans on participating in an athletic event the day of the blood drive, it is the Blood Bank’s recommendation that they not give blood. If they do give blood, they will be fine to participate in sports the day after the donation.

* Donors aged 80+, please contact Blood Bank of Delmarva’s Medical Eligibility Desk at 1 888 8-BLOOD-8 ext. 789 for medical approval.