

DONATION ELIGIBILITY

To donate blood, donors should generally feel well and healthy with no fever, sore throat, cold or flu-like symptoms.

The following criteria must also be met:

- ▶ Be at least 17 years old (can donate at age 16 with signed parental consent)
- ▶ Females under age 18 may donate once in a 12-month period
- ▶ Males under age 18 may donate four times in a 12-month period
- ▶ Comply with the chart below. Age 19+ must weigh at least 110 lbs.

Eligibility Requirements

for Whole Blood Donation — Ages 16 - 18

Height		4'10"	4'11"	5'0"	5'1"	5'2"	5'3"	5'4"	5'5"	5'6"
Weight	110	N	N	M	M	M	M	M	M	E
	115	N	M	M	M	M	M	M	E	E
	120	M	M	M	M	M	M	E	E	E
	124	M	M	M	M	M	E	E	E	E
	129	M	M	M	M	E	E	E	E	E
	133	M	M	M	E	E	E	E	E	E
	138	M	M	E	E	E	E	E	E	E
	142	M	E	E	E	E	E	E	E	E
	146	E	E	E	E	E	E	E	E	E

Chart Key

N

=

Neither male nor female eligible to donate

M

=

Males are eligible to donate

E

=

Everyone — male and female — are eligible

Optimize Your Donation Experience

Day Before Donation

Drink plenty of fluids



Eat salty snacks



Get a good night's sleep



Day of Donation

Eat well prior to donating



Complete QuickPass



Bring photo ID



Bring age 16 consent form



After Blood Donation

Eat a snack/
drink juice



Take time to relax



**Schedule
Your Next
Lifesaving
Donation**

To see the full list of criteria, visit
hoxworth.org/donors/eligibility

Scan for Parental
Consent Form

