

Thinking of Giving Blood?

Please review the following more common factors that will determine if you can or cannot give blood*

Most people are able to give blood if they;

- feel fit and healthy
- are aged between 16 and 70
- weigh over 45kg (weigh over 50kg if under age 18)

You may be temporarily unable to give blood if you:

- are on certain medications or antibiotics, including oral acne medication
- have a cold or feeling unwell in any way
- recently had surgery or major dental work
- recently had a piercing
- recently travelled to areas affected by Malaria (within the last 4 months), West Nile Virus (within the last 8 weeks) or Dengue Fever (within the last 4 weeks).

You will not be able to give blood if you:

- have visited or lived in the UK for a cumulative total of 6 months or more between 1980 and 1996
- have engaged in male to male sexual activity or other specified at risk sexual activity in the past 12 months
- have recently been pregnant or given birth
- have had a tattoo in the past 6 months
- have ever had a serious heart condition
- have ever had a serious blood disorder or disease
- have ever “used drugs” by injection or been injected with drugs not prescribed by a doctor or dentist

Before giving blood:

- **drink up** – in the 24 hours before donation, especially in warm weather, and have at least 4 good-sized glasses of water/juice in the 3 hours prior to your donation
- **eat up** – make sure you eat something in the 3 hours before donating
- **bring ID** – please bring at least one form of photo identification

If you are unsure about your eligibility to give blood, call us and speak to one of our medical professionals

Further eligibility criteria apply. You will be required to complete a comprehensive questionnaire before your eligibility to donate is determined.

For further information call **13 14 95**
or visit **donateblood.com.au**

 **Australian Red Cross
BLOOD SERVICE**