COVID-19 and Blood Donations

Do not donate blood if:

- In the past 14 days, you have had any symptoms of COVID-19, such as:
  - Fever or chills
  - Cough
  - Shortness of Breath
  - Runny Nose
  - Sore throat
  - New loss of taste or smell

- In the past 14 days, you had a positive diagnostic test (nasal swab test) for COVID-19 but you never developed symptoms.

- You currently have a pending COVID-19 test because you were exhibiting symptoms from the list above.

- In the past 14 days, you have been asked to quarantine by state, school or health organization.

Donating Blood is Still Safe

*According to the FDA/CDC, donating blood is considered essential for maintaining critical community medical services.*

- Team members only report to work if they are feeling well and healthy.

- Staff members wear face masks at all times, and all have been given the COVID-19 vaccine.

- Appointments are the key to ensuring good preparation and a clean environment for each donor. We may ask you to come back at a preassigned donation time if you arrive at the blood drive without an appointment. Log onto our website at [www.cbblifeblood.org](http://www.cbblifeblood.org) for additional information.

- Volunteer blood donors must be healthy and not exhibiting any signs of a cold or the flu.

- Blood donors are screened at the registration table and asked key COVID-19 questions prior to entering the bloodmobile.

- Staff members sanitize the donation beds and common areas between blood donations.

- Blood donor snacks are all prepackaged.

- Community Blood Bank follows all blood bank regulations provided by the FDA and AABB (American Association of Blood Banks).

- Wearing a mask is optional if you have been fully vaccinated. If you have not been vaccinated, you are asked to please wear a mask throughout the donation process. If the donor does not have a mask, one will be provided for them.
Blood Donor Guidelines/Requirements

Thank you for considering a blood donation with the Community Blood Bank. Listed below are the general requirements for donating blood.

- Please provide personal photo identification i.e. Drivers License, State I.D. Card, Student I.D., Employee I.D. etc.
- A donor must be at least 18 years of age or older. (16 year olds must have a signed parental consent form, found at [www.cbblifeblood.org](http://www.cbblifeblood.org).
- A person must weigh 110 pounds or more.
- Medications: A person cannot donate if currently taking antibiotics for infection, or taking Accutane, Propecia, or Proscar. A person can donate if taking vitamins, birth control, or medications for allergies, blood pressure, thyroid replacement, female hormones, anxiety, high cholesterol, and most diabetes medications/injections, as well as many other medications.
- Shots/Vaccinations: OK to donate after allergy shots, influenza vaccination, tetanus shot.
- Cancer: OK to donate after curative treatment for basal cell and squamous cell skin cancers. For most other cancers, OK to donate five years after completion of all treatment (note exceptions below).
- Diabetics are OK to donate if controlled by medication or diet.
- Eating a good meal at least 4 hours prior to donating blood is highly recommended.
- Drink plenty of water or juice before and after donating. Avoid alcoholic beverages for 12 hours before and after donating.
- Avoid strenuous activities for 4 hours after donating.

Temporary Disqualifications:

- Cold/Flu/Not feeling well and healthy: Deferred until feeling well and healthy.
- Pregnancy: OK to donate six weeks after end of pregnancy.
- Ear Cartilage or Earlobe Piercing: OK to donate, if performed with single-use device. If not, wait 3 months.
- Body Piercing: OK to donate, if performed in South Dakota, Iowa, or Nebraska state-licensed facility. If not, wait 3 months.
- Tattoo: OK to donate, if performed at a licensed South Dakota, Iowa, or Nebraska facility, otherwise wait 3 months from date of procedure.
- Hepatitis B Vaccination: OK to donate 28 days after vaccination.
- Last Blood Donation: 56 days between whole blood donations. 16 weeks between automated double red cell donations.
- Blood Transfusion or Tissue Transplant: Must wait 3 months from time of procedure.
- A person must wait 3 months following travel to malaria risk areas as defined by the Center for Disease Control and Prevention (CDC). If person was resident in a malaria risk area, donor must wait three years upon entering the United States.

Permanent Disqualifications:

- If you have been diagnosed with AIDS/HIV infection or have certain risk factors.
- Have had Melanoma, Lymphoma, Leukemia or other blood cancers.
- Have spent (cumulative) more than three months in the United Kingdom from 1980 through 1996.
- Have spent (cumulative) five years or more in France or Ireland from 1980 through 2001.
- If you were a recipient of a blood transfusion in the United Kingdom, Ireland, or France since 1980.

Even if you are permanently disqualified from giving blood, there are other ways you can help support your community’s blood supply. You may: host a blood drive, volunteer or ask friends and family members to consider donating blood. You can make a difference!

Please note that a Community Blood Bank staff member will make the final determination on eligibility prior to the blood donation.

If you should have additional questions regarding blood donation, please feel free to contact us directly at (toll free) 1-877-877-3070, (locally) (605) 331-3222 or email questions to lauri.hoffmann@sanfordhealth.org.