

# WHO CAN GIVE BLOOD?

## BASIC ELIGIBILITY GUIDELINES

- **MEN** can donate blood once every three months, up to a maximum four times per year.
- **WOMEN** can donate blood once every four months, up to a maximum three times per year.
- **WEIGHT:** you must weigh over 50 kg, max 120 kg
- **AGE:** The person donating blood shouldn't be younger than 18 and older than 60 years old, in case of regular donors - up to 65 years old.

### YOU ARE NOT ELIGIBLE TO DONATE BLOOD IF YOU:

#### HEALTH

- Have had hepatitis B, C
- Have had a fever or diarrhea in the past two weeks
- Have been to see a dentist for preventive dental examination or dental hygiene in the past 72 hours or have had a stomatological intervention in the past week
- Affected by a strain of herpes currently
- Have removed a tick in the past four weeks
- Have had very acute allergy symptoms in the past six months
- Have had a cold in the past two weeks

#### WOMEN

- During menstruation, pregnancy and breast-feeding
- Pregnancy and breast-feeding termination in the past 6 months

#### SURGERY/BLOOD TRANSFUSION

- Have undergone surgery in the past six months
- Have had an endoscopic examination in the past six months (gastrofibroscopy, rectoscopy, cystoscopy, intravenous cannulation)
- Have had a blood or plasma transfusion in the past six months

#### TATTOO/ACUPUNCTURE/COSMETIC INTERVENTION (IN THE PAST 6 MONTHS)

- Have had a tattoo or any skin piercing
- Have had acupuncture
- Have had a botulinum application

#### TRAVEL (AFTER YOUR RETURN FROM)

- Some EU countries in the past 2 weeks
- Overseas countries in the past 1 month
- Malaria areas in the past 6 months
- Or according to epidemiologic situation

For up-to-date information on travel restrictions please visit - <http://www.ntssr.sk/aktualne-usmernenia-k-darovaniu-krvi>.

#### MEDICATION

- Have taken or completed a course of antibiotics in the past four weeks
- You are currently on Allergy Therapy
- Permissible medications:
  - Vitamins
  - Hormonal contraceptives
  - Postmenopausal and hormone replacement therapy (Hypnotics used occasionally before bedtime; Occasionally used analgesic)



## Halloween Blood Donation

COMPETITION & BRUNCH

THURSDAY  
October 24, 2019

TIME  
8:00-12:00

BRATISLAVA  
Hotel Crowne Plaza

KOŠICE  
Technická univerzita