

Am I Eligible?

Things to remember for blood donation

CAN I GIVE IF...

NO

YES

● **I HAVE A TATTOO?**

● Having a tattoo will not hinder you in the blood donation process as long as you got it from a certified tattoo technician.



● **I HAVE HIGH BLOOD PRESSURE?**

● As long as your blood pressure is under 180/100 then you absolutely can donate.



● **I HAVE DIABETES?**

● If your diabetes is being treated and is under control, you are most likely able to donate.



● **I TAKE MEDICATION?**

● Most medication will not hinder you to donate.



● **I DON'T FEEL WELL?**

● You can't donate blood if you have a fever, a productive cough, if you do not feel well, or if you are taking antibiotics to treat a sinus, throat, or lung infection.



● **I HAVE LOW IRON?**

● Low iron is usually a temporary condition. FDA requires that your hemoglobin is checked to ensure it is in the required range for blood donation.



THE BLOOD CONNECTION
Your Community Blood Center

Schedule your donation today
by visiting thebloodconnection.org

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