

Checklist for Potential Donors

You **ARE ELIGIBLE** to donate blood if you:



Are a new donor aged 16-65 (but before your 66th birthday), up to 71st birthday for regular donors



Weigh at least 50kg. (If you are a first time donor under 25 years of age, you must also meet the height and weight criteria - tool available at www.nzblood.co.nz/am-i-eligible)



Are completely well after having a cough, cold or flu



Have waited 6 months after tattooing or body piercing. If the body piercing was performed by a registered health professional (e.g. a Pharmacist, GP etc) and any inflammation has settled completely, you can donate blood after 12 hours



Have waited 24 hours following minor dental treatment or 1 month following major dental work

You **CANNOT** donate blood if you:



Spent more than a total of 6 months in the United Kingdom, Republic of Ireland or France between 1 Jan 1980 & 31 Dec 1996, OR received a blood transfusion in ANY of these countries since 1980



Are HIV positive, or at risk of HIV, hepatitis B or C virus



Have had gastroenteritis, diarrhoea or stomach upset lasting more than 24 hours, in the past month



(Women only) Have you had a baby in the last 9 months or have you breastfed your baby in the last 3 months

This is **NOT** a complete list of eligibility criteria.

If you have any queries please call us or for more information visit our website.

We recommend making an appointment for your next donation.

Always make sure you have eaten within 3-4 hours and have plenty of fluids before donating.

Please bring identification with you when you come to donate.

0800 GIVE BLOOD

0800 448 325
www.nzblood.co.nz

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Te Ratonga Toto O Aotearoa