

# Blood Donor **ELIGIBILITY** Criteria



**New blood or plasma donors** can make their first donation any time after their 16th birthday and before their 71st birthday.

**Existing donors** can donate until their 75th birthday and may continue to donate until their 81st birthday, subject to authorisation from a NZBS Medical Officer.

**Lapsed donors** who have passed their 71st birthday may be eligible to donate, subject to authorisation by a NZBS Medical Officer.



You must be **50 kg** or over.

(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](http://www.nzblood.co.nz))



You must be in good health at the time you donate.

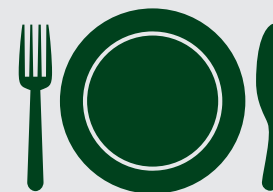
You cannot donate if you have a cold, flu, sore throat, cold sore, stomach bug or any other infection.



You must wait 3 months following a tattoo or piercing before you can donate. If a piercing was performed by a registered health professional (G.P, pharmacist, etc), you may be eligible to donate after 12 hours.



If you have recently visited the dentist, you must wait at least 24 hours following a minor procedure (cleaning, fillings or braces) or until you have recovered before donating. For complex procedures, such as tooth extraction, please wait at least 7 days after your procedure and any antibiotic treatment.



You must have eaten some food during the four hours prior to donation.



You must bring appropriate identification with you each time you donate.

Acceptable ID is a document which contains three (3)

unique points of personal information. These can be: full name, photograph, date of birth, home address, donor ID/registration number, Workplace (Work ID Cards only).



You must not have lived in the United Kingdom, France or the Republic of Ireland between 1980 and 1996 for a cumulative 6 months or more.

Travel to areas where mosquito-borne infections are endemic, e.g. malaria, dengue and Zika virus infections, may result in a temporary deferral but this will depend on a number of factors, so please check the "Donating after Travelling" tool available at [www.nzblood.co.nz](http://www.nzblood.co.nz) to find out when you can donate.



Following pregnancy, you will not be eligible to donate blood or plasma for as many months as your pregnancy was long. In most cases, this is 9 months.

## **You must not give blood for 3 months:**

- Following oral or anal sex with or without a condom with another man (if you are male).
- After engaging in sex work (prostitution) or accepting payment in exchange for sex.
- After leaving a country in which you have lived and which is considered to be high risk of HIV infection (includes sub Saharan Africa and parts of Asia). Full list available at blood donation collection sessions and [www.nzblood.co.nz](http://www.nzblood.co.nz)

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

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

**0800 448 325**  
**[nzblood.co.nz](http://nzblood.co.nz)**

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