



ELIGIBILITY UPDATES YOU SHOULD KNOW

- Reduced deferral periods for those who travel to areas where malaria is epidemic.
- **Gay and Bisexual Men: The deferral period for men who have sex with men (MSM) was reduced from 12 months.**
- **Revised criteria for tattoos and piercings. Previously, individuals with recent tattoos or piercings had to wait for a certain period before donating blood. The waiting period has been eliminated for those who received tattoos or piercings with sterile needles and non-reusable ink.**
- **For the full list of updated guidelines, visit the FDA Blood Donation website:**
<https://www.fda.gov>

WHY YOUR DONATION IS CRUCIAL

The need for blood is constant—your donation is crucial in saving lives.

1 IN 3 AFRICAN AMERICAN DONORS ARE A MATCH FOR SOMEONE WITH SICKLE CELL DISEASE.

But just 12% of blood donors come from minority donors. Help grow and diversify the donor base to ensure all patient needs are met.



BLOOD DONATIONS GUIDELINES

New eligibility updates created a more equitable donor standards for prospective blood donors by using gender-inclusive, individual sexual behavior-based questions in pre-donation screening.

Under the proposed guidance. To ensure the safety of both patients and donors there are some requirements donors must meet to be eligible to donate blood. The FDA requires all potential blood donors to answer questions related to their health.



NOW MORE PEOPLE CAN DONATE BLOOD

PREPARING FOR YOUR BLOOD DONATION



STAY HYDRATED AND EAT IRON RICH FOODS

Bring a valid ID and know your travel history.
Review the latest eligibility criteria on the FDA website before your visit.
If you plan to donate platelets, do not take aspirin or aspirin-related products 48 hours prior to your donation.
Feel proud—you're about to save lives!

READY TO DONATE?

American Red Cross

redcrossblood.org or call
1-800-RED-BLOOD (1-800-733-2767)

Inova Blood Services:

inovabloodservices.org or call
1-866-BLOODSAVES (1-866-256-6372)

Appointments are recommended to ensure a quick and efficient donation experience.

DID YOU KNOW?

BLACK AND LATINO POPULATIONS HAVE A HIGHER FREQUENCY OF TYPE O BLOOD THAN OTHER RACES AND ETHNICITIES AND PLAY A CRITICAL ROLE IN MEETING THE NEED FOR TYPE O BLOOD.

SAVE A LIFE - GIVE BLOOD



YOUR BLOOD SAVES LIVES



SCHEDULE TODAY!

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Funded by a grant from the State of Virginia