

Blood Donor **ELIGIBILITY** Criteria



First Time Donors

16th birthday up to 66th birthday.

Regular donors from 71st to their 76th birthday may be accepted subject to authorisation by a NZBS Medical Officer.

Existing Donors

Up to 71st birthday.



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/am-i-eligible).



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.



If you have recently had a tattoo or body piercing you cannot donate for 4 months from the date of the procedure. 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.



If you have visited the dentist for a minor procedure you must wait 24 hours before donating; for major work wait a month.



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 to find out when you can donate.



Following pregnancy, the deferral period should last as many months as the duration of the pregnancy.

It is not advisable to donate blood while breast-feeding. Following childbirth, the deferral period is at least 9 months (as for pregnancy) and until 3 months after your baby is significantly weaned (i.e. getting most of his/her nutrition from solids or bottle feeding).

You must not give blood for 12 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

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

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

To donate, contact us today to book your appointment

Download our app now



0800 448 325
www.nzblood.co.nz

