



**American
Red Cross**



COVID-19 Vaccine & Booster Blood Donation Guide for Donors

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Help save lives.

The American Red Cross has a constant need for blood and platelet donations. With the ongoing pandemic, the Red Cross needs the help of generous donors and blood drive hosts to meet the needs of patients.

In this guide, you will find:

Donation Requirements

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Donation Requirements

If You Receive a COVID-19 Vaccine or Booster

The Red Cross is following U.S. Food and Drug Administration blood donation eligibility guidance for those who receive a COVID-19 vaccination, and deferral times may vary depending on the type of vaccine an individual receives.

Step 1: Have the vaccine manufacturer name handy.

Upon your first vaccination, you'll need to provide the manufacturer name when you come to donate. Upon vaccination, you should receive a card or printout indicating what COVID-19 vaccine was received, and we encourage you to bring that card with you to your next donation. In most cases, there is no deferral time for individuals who received a COVID-19 vaccine or booster as long as you are symptom-free and feeling well at the time of your donation.

Step 2: Review the required deferral periods.

No need to wait to give blood if you received a non-replicating, inactivated, or RNA based COVID-19 vaccine or booster manufactured by AstraZeneca, Janssen/J&J, Moderna, Novavax, or Pfizer.

If you have received a live attenuated COVID-19 vaccine or booster or do not know what type of COVID-19 vaccine or booster you received, you must wait two weeks before giving blood.

Step 3: Make sure you are symptom-free and feeling well.

Regardless of the type of vaccine or booster an individual receives, all donors must be symptom-free and feeling well at the time of donation. If an individual is experiencing any symptoms from the COVID-19 vaccine, the Red Cross asks that they postpone their donation until they are feeling better.

If you need to change your donation date based on the above guidance, it's easy to reschedule your appointment.

Questions?

For further eligibility information, please call **1-800-RED CROSS** (1-800-733-2767).

Please note: The Red Cross, as an organization, is not a healthcare provider and is not administering COVID-19 vaccinations in the U.S.

Red Cross Donation Safety Protocols

Your safety is always our top priority and we are committed to transparency with the American public throughout this evolving public health emergency. There is no data or evidence that this coronavirus can be transmissible by blood transfusion, and there have been no reported cases worldwide of transmissions for any respiratory virus in blood transfusions including this coronavirus.

The Red Cross only collects blood from healthy individuals who are feeling well at the time of donation and who meet other eligibility requirements.

Safety at Blood Drives and Donation Centers

At each blood drive and donation center, the Red Cross follows the highest standards of safety and infection control. We are taking precautions to help ensure the safety of our employees, volunteers and donors.



Spacing Beds
6 Feet Apart



Having Hand
Sanitizer Available



Wiping Down
Donor-Touched Areas

Donation Requirements

COVID-19 Diagnosis or Testing Positive

If You've Been Diagnosed With or Tested Positive for COVID-19

Those previously diagnosed with or suspected to have had COVID-19, are deferred from donating blood for 10 days in alignment with FDA guidance. More specifically, the COVID-19 deferral notes:

- Individuals diagnosed with or suspected to have had COVID-19 and have symptoms must refrain from donating for 10 days after complete resolution of symptoms. Similarly, individuals with a positive diagnostic test for COVID-19 but who never developed symptoms will need to also refrain from donating for 10 days from the date of the positive test.
- If you are quarantined for any reason, you are not eligible to donate during the quarantine time period. If you are past the quarantine time and have been symptom free for 10 days, you will be eligible to donate blood.

As the situation evolves, the Red Cross will continue to evaluate all emerging risks in collaboration with the FDA and industry partners to determine if additional intervention strategies are needed. Together, we stand ready to keep the American public informed and prepared.

If You Have Recovered From COVID-19

Throughout the pandemic, the American Red Cross has adapted its collection of lifesaving blood products to meet the needs of all patients—including those battling COVID-19. Currently, our primary efforts are the prioritized expansion of red blood cell and platelet collections to meet surging hospital demand and have discontinued our convalescent plasma program. We will continue to monitor the situation in the context of emerging information, evolution of the pandemic and hospital demand to determine if we should resume our convalescent plasma program in the future.

The Red Cross is grateful to the tens of thousands of convalescent plasma donors who rolled up their sleeves to share their health and provide hope to patients and their families during an uncertain time.

We urge all those interested in helping to save lives to please give blood or platelets. Your donations can help those undergoing cancer treatments, organ transplants, or fighting other injury or illnesses.



Donation Requirements

Requirements by Donation Type

To ensure the safety of both patients and donors, these are some of the requirements donors must meet based on their donation type. You must be in good health and feeling well when you donate.** If you qualify, schedule an appointment to donate by calling 1-800-RED CROSS (1-800-733-2767) or visiting [RedCrossBlood.org](https://www.RedCrossBlood.org).

	Whole Blood Donation	Power Red Donation	Platelet Donation	AB Elite PlasmaDonation
Donation Frequency	Every 56 days^^	Every 112 days, up to 3 times/year^^	Every 7 days, up to 24 times/year	Every 28 days, up to 13 times/year
Age	At least 16 years old in most states^	Male donors^^: At least 17 years old Female donors^^: At least 19 years old	At least 16 years old^	At least 17 years old in most states^
Weight	At least 110 lbs	Male donors: At least 130 lbs Female donors: At least 150 lbs	At least 110 lbs	At least 110 lbs
Additional Requirements	None	Ideal for blood types O+, O-, A- and B- Male donors: 5'1" tall Female donors: 5'5" tall	None	You must have type AB blood

**Healthy means that you feel well and can perform normal activities. If you have a chronic condition such as diabetes, healthy also means that you are being treated and the condition is under control. If you are not feeling well on the day of your donation, please contact us to reschedule.

^^If more than one type of donation type is made, the number of allowable donations per year will be lowered due to red cell and plasma loss limit guidelines. Final eligibility will be determined by the American Red Cross at the time of donation.

^Additional requirements for young adults are located here: <https://www.RedCrossBlood.org/donate-blood/how-to-donate/info-for-student-donors.html>



How Your Blood Donation May Be Used

The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. But supply can't always meet demand because only about 3% of age-eligible people donate blood yearly. Each new donor helps us meet patient needs.

- Each year, an estimated 6.8 million people in the U.S. donate blood.
- 13.6 million whole blood and red blood cells are collected in the U.S. in a year.
- About 45% of people in the U.S. have Group O (positive or negative) blood; the proportion is higher among Hispanics (57%) and African Americans (51%).
- Type O negative red cells can be given to patients of all blood types. Because only 7% of people in the U.S. are type O negative, it's always in great demand and often in short supply.
- Type AB positive plasma can be transfused to patients of all blood types. Since only 3% of people in the U.S. have AB positive blood, this plasma is usually in short supply.
- Red blood cells must be used within 42 days (or less).
- Platelets must be used within just 5 days.

[Click here to schedule to donate here.](#)

