



# GET THE FACTS ON BLOOD DONOR ELIGIBILITY.

Many believe they are ineligible to donate blood when in reality they could be making a lifesaving difference today. A single donation can save multiple lives. Don't let myths deter you – get the facts about blood donor eligibility! Check with your local community blood center to learn more



## **Myth: "I can't donate blood because I'm on medication."**

Fact: Most medications do not disqualify you from donating.

## **Myth: "I have a tattoo, so I can't donate blood."**

Fact: You can donate blood if your tattoo was done at a state-regulated tattoo shop. If your tattoo was done in a state that does not regulate tattoo facilities, then you must wait three months after it was applied to donate.

## **Myth: "LGBTQ individuals cannot donate blood."**

Fact: With the FDA's updated guidelines, sexual orientation is no longer a factor in blood donation eligibility.

## **Myth: "I have a history of cancer so I can't donate blood."**

Fact: In many cases, individuals with a history of cancer can donate blood if they have been cancer-free for a specified period and meet other eligibility guidelines.

## **Myth: "I am too old or young to donate blood."**

Fact: There is no upper age limit for blood donation. The minimum age in most states is 16, with parental consent.

## **Myth: "Diabetics on insulin can't donate blood."**

Fact: Diabetics on insulin can donate blood as long as their condition is well-managed.

## **Myth: "I traveled out of the country recently, so I can't donate blood."**

Fact: Traveling does not automatically make you ineligible to donate blood. Guidelines vary, so be sure to check with your local community blood center to learn more.