



Blood Donation Requirements For Donors Age 18 and Younger

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Thank you for your interest in donating blood. By donating blood you are giving life to someone in need.

So that we can provide the safest possible donation experience we have changed the criteria for whole blood donation.

Selection criteria now include a table based on height and weight to determine if young donors are eligible to donate.



Male donors must weigh 110 pounds or more, depending on their height according to the following chart:

If you are	4' 10"	4' 11"	5' or taller
You must weigh at least	120	115	110

Female donors must weigh 110 lbs or more, depending on their height according to the following chart:

If you are	4' 10"	4' 11"	5'	5' 1"	5' 2"	5' 3"	5' 4"	5' 5"	5' 6" or taller
You must weigh at least	146	141	138	133	129	124	118	115	110

Even if you have donated successfully in the past, you will not be allowed to donate if you do not meet these new criteria. We understand this may disappoint those of you who may have donated in the past. We encourage you to donate again when you meet these criteria. If you still want to be involved, please contact your recruitment committee to find out other ways you can volunteer.

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Can't give today?



Have you donated blood in the past and are not eligible to give today?

We thank you for your interest in donating blood and understand you may be disappointed that you can't donate today.

As a safety measure the American Red Cross has new height and weight requirements for whole blood donation for high school students. This change was made because young donors are more likely to experience a reaction after giving blood than older donors. The new policy is an effort to ensure that people who qualify for blood donation will only lose a relatively small amount of their total blood volume. We want donors to have the best possible experience.

We understand this change may be disappointing and we appreciate your wanting to help patients in our community.

Just because you can't donate blood today doesn't mean you can't help! Here are a few things you can do:

- Encourage other students, faculty, family and friends to donate.
- Sign up to be a volunteer or member of the recruitment committee team at your school's next blood drive.
- Check out other volunteer opportunities with the American Red Cross.

The Red Cross wants you to be a lifelong supporter, so don't give up. The future of the blood supply depends on young donors. Please consider donating when you are eligible or helping in other ways.

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