

HAVE YOU TRAVELLED  
to the *South?*

**COUNTRIES AT RISK FOR MALARIA MOSTLY VISITED BY QUEBECERS**

COUNTRIES	CAN I GIVE BLOOD IF I VISITED ANY ONE OF THE FOLLOWING COUNTRIES ?
BAHAMAS	<b>YES</b> (country not at risk for malaria)
COSTA RICA	<b>YES</b> if you visited Limon (Puerto Limon) <b>NO</b> if you visited any other region in Costa Rica*
CUBA	<b>YES</b> (country not at risk for malaria)
DOMINICAN REPUBLIC	<b>NO*</b>
GUATEMALA	<b>YES</b> if you visited the cities of Antigua, Guatemala and Atitlan Lake <b>NO</b> if you visited any other region in Guatemala*
HAITI	<b>NO*</b>
JAMAICA	<b>YES</b> <i>except</i> if you visited Kingston
MEXICO	<b>YES</b> if you visited the cities and resort areas of Acapulco, Cabo San Lucas, Cancun, Cozumel (island), Huatulco, Ixtapa, Manzanillo, Matamoros, Mazatlan, Mexico City, Mujeres Island, Nayarit, Nuevo Vallarta, Playa Blanca, Playa del Carmen, Puerto Angel, Puerto Aventuras, Puerto Escondido, Puerto Vallarta, Riviera Maya, Riviera Nayarit, San José del Cabo, Tampico, Tulum, Tuxpan, Vallarta Nayarit, Veracruz, Zihuatanejo, or the archeological sites of Chichen Itza and Cuba. <b>NO</b> if you visited any other region in Mexico*
NICARAGUA	<b>NO*</b>
VENEZUELA	<b>YES</b> if you visited Caracas, Cumana, Margarita Island, Puerto la Cruz <b>NO</b> if you visited any other region in Venezuela*

**\* NEXT DONATION IF YOU STAYED**

- Less than 6 months : 1 year after your return date.
- 6 months and more : 3 years after your return date.

**QUESTIONS ?**

**www.hema-quebec.qc.ca or 1 800 847-2525**