



A few

SELECTION CRITERIA

To read before you register



CRITERIA	CAN I GIVE BLOOD?
ACUPUNCTURE	✓ Only if done with single-use needles. OTHERWISE , you must wait 6 months.
AGE	✓ If you are 18 years old and older.
ALLERGIES	✓ If you feel well, even if you were given an allergy injection.
BODY PIERCING/TATTOOS	✓ If done over 3 months ago.
CANCER	<p>✓ If it is a skin cancer (basal or squamous cell carcinoma) or a uterine cervical cancer in situ, as long as it has been successfully treated.</p> <p>✗ For any other type of cancer: consult with Héma-Québec staff.</p>
CHILDBIRTH BREASTFEEDING PREGNANCY	<p>✓ If birth occurred more than 6 months ago.</p> <p>✓ If you are breastfeeding, provided birth occurred more than 6 months ago.</p> <p>✗ If you are pregnant.</p>
CHOLESTEROL	✓ No restrictions.
COLD	✓ If you feel well and do not have any fever.
DENTIST	<p>✓ If whitening or impression.</p> <p>✓ The day after a filling (restoration), cleaning or orthodontics.</p> <p>✓ 3 days after an extraction, surgery, root canal, crown, root planing, gum autograft or implant.</p>
DIABETES	<p>✓ If resolved or controlled by diet or oral drug.</p> <p>IF TREATED WITH INSULINE: consult with Héma-Québec staff.</p>
DRUGS	✗ If intravenous, even once.
ELECTROLYSIS	✓ Only if done with single-use or personal use needles. OTHERWISE , you must wait 6 months.
MAN who had sex with a man	✗ If last sexual contact was less than 3 months ago.
MEDICATIONS	➔ Make sure to know the name of your medications.
SORE THROAT	✗ Until symptoms disappear and the end of antibiotics (if prescribed).
TICK BITE	✗ If the tick bite occurred less than 30 days ago.
VACCINATION	✓ If you have been vaccinated against influenza (or flu). OTHER VACCINES : consult with Héma-Québec staff.
WEIGHT	<p>✓ Whole blood donation:</p> <ul style="list-style-type: none"> For MEN, you can give blood if your weight is at least 50 kg (110 lb). For WOMEN, if you are aged 23 or over, you can give blood if your weight is at least 50 kg (110 lb). If you are between the ages of 18 and 22, consult with Héma-Québec staff to find out if you can give blood.





HAVE YOU TRAVELED?

To read before you register



VISITED COUNTRIES

CAN I GIVE BLOOD?

RISK FOR ZIKA AND OTHER ARBOVIRUS

✘ If, during the past 21 days, you have returned from a trip to someplace other than **CANADA**, the continental **UNITED STATES** or **EUROPE**, you cannot give blood for three weeks (21 days) following the date on which you returned.

RISK FOR THE VARIANT CREUTZFELDT-JAKOB

✘ If you stayed:

In UNITED-KINGDOM	3 months or more (cumulative)	From 01-01-1980 to 31-12-1996
In FRANCE	3 months or more (cumulative)	From 01-01-1980 to 31-12-1996
In WESTERN EUROPE <small>Austria, Belgium, Denmark, Germany, Italy, Liechtenstein, Luxembourg, Netherlands, Portugal, Republic of Ireland, Spain and Switzerland.</small>	5 years or more (cumulative)	From 01-01-1980 to 31-12-2007
In SAUDI ARABIA	6 months or more (cumulative)	From 01-01-1980 to 31-12-1996

RISK FOR MALARIA*

BAHAMAS ✓ Country not at risk for malaria.

COSTA RICA ✓ Country not at risk for malaria.

CUBA ✓ Country not at risk for malaria.

DOMINICAN REPUBLIC ✘ If you visited the provinces of Santo Domingo or La Altagracia (including Punta Cana), or any other province on the border with Haiti (Dajabón, Elías Piña, Independancia, Monte Cristi, Pedernales): temporary exclusion**.
✓ If you visited any other region of the Dominican Republic.

GUATEMALA ✓ If you visited the cities of Antigua, Guatemala and Atitlan Lake.
✘ If you visited any other region in Guatemala: temporary exclusion**.

HAITI ✘ Temporary exclusion**.

JAMAICA ✓ Country not at risk for malaria.

MEXICO ✓ If you visited the cities and resort areas of Acapulco, Cabo San Lucas, Cancun, Cozumel (island), Cuernavaca, Ixtapa, Los Cabos, Manzanillo, Matamoros, Mexico City, Mujeres Island, Playa Blanca, Playa del Carmen, Riviera Maya, San José del Cabo, Tampico, Tijuana, Tulum, Tuxpan, Veracruz, Zihuatanejo, or the archeological sites of Chichen Itza and Coba.
✘ If you visited any other region in Mexico: temporary exclusion**.

NICARAGUA ✘ Temporary exclusion**.

VENEZUELA ✘ Temporary exclusion**.

* The malaria criterion does not apply to apheresis plasma donations intended for manufacturing solutions based on plasma proteins.

** **IF YOU STAYED LESS THAN 6 MONTHS:** 1 year after your return date. **IF YOU STAYED 6 MONTHS AND MORE:** 3 years after your return date.