

# Am I Eligible?

## Things to remember for blood donation

### CAN I GIVE IF...

**NO**

**YES**

● **I HAVE A TATTOO?**

● Having a tattoo will not hinder you in the blood donation process as long as you got it from a certified tattoo technician.



● **I HAVE HIGH BLOOD PRESSURE?**

● As long as your blood pressure is under 180/100 then you absolutely can donate.



● **I HAVE DIABETES?**

● If your diabetes is being treated and is under control, you are most likely able to donate.



● **I TAKE MEDICATION?**

● Most medication will not hinder you to donate.



● **I DON'T FEEL WELL?**

● You can't donate blood if you have a fever, a productive cough, if you do not feel well, or if you are taking antibiotics to treat a sinus, throat, or lung infection.



● **I HAVE LOW IRON?**

● Low iron is usually a temporary condition. FDA requires that your hemoglobin is checked to ensure it is in the required range for blood donation.



**THE BLOOD  
CONNECTION**  
*Your Community Blood Center*

Schedule your donation today  
by visiting [thebloodconnection.org](http://thebloodconnection.org)

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