

Blood Type Donation Chart

DONOR DETAILS

Donor Name: _____ Donor ID (if applicable): _____
Date of Birth: _____ dd / mm / yyyy Contact Number: _____
Blood Type (if known): _____

EMERGENCY CONTACT DETAILS

Name: _____ Contact Number: _____
Relationship to donor: _____

BLOOD DONOR ELIGIBILITY CRITERIA

Age: First-time donors can donate between 16 and 71 years of age. Existing donors can continue donating until they turn 75 years of age. If donors wish to continue donating following their 75th birthday, they will require authorization from their healthcare provider or medical officer.

Weight and height: Donors must weigh at least 50 kg or 100 lbs or more. Donors must also be at least 150 cm or 5'2" tall.

Health status: Donors must be in good health. Donors must be absent of any colds, flu, cough, sore throat, cold sore or any other infection.

COVID-19: If you have had COVID-19 recently, you must be symptom-free for at least seven days before donating. If you have tested positive for COVID-19 but have been without symptoms, you must wait seven days after your last positive result before donating.

Tattoos and piercings: You must wait three months following a new tattoo or piercing before donating. If you have had a cosmetic procedure by a registered health professional, such as a general practitioner or pharmacist, you may be able to donate 12 hours following the procedure. Please discuss this with the donor technician or your healthcare provider.

Travel: If you have traveled recently, please be ready to discuss the location and duration of your trip.

If any of the following applies to you, you may not be able to donate for the next 3 months: Participated in oral or anal sex with or without a condom (male donor) Engaged in sex work (prostitution) or have exchanged sex for payment Arrived from a country considered to be high risk for HIV infection If you are currently pregnant, you will not be able to donate until following your pregnancy when you have been cleared to donate by your healthcare provider.

BLOOD DONOR ELIGIBILITY (TO BE FILLED OUT BY PRACTITIONER)

Age Confirmation

☐ Confirm donor's age (16-71 for first time, over 75 with medical officer authorization for existing)

Weight Confirmation

☐ Confirm the donor weighs 50 kg or 100 lbs or more

Height Confirmation

☐ Confirm the donor is at least 150 cm or 5'2" tall

Health Status Confirmation

☐ Confirm the donor is in good health, with absence of cold, flu, sore throat, cold sore or other infection

COVID-19 Status Confirmation

☐ Confirm donor is symptom free for COVID-19 over last seven days

Tattoo/Piercing Confirmation

☐ If donor has had tattoo or piercing, ensure it has been 3 months since procedure

Travel History Confirmation

☐ If donor has recently travelled, discuss location and duration in relation to requirements

Pregnancy Status Confirmation

☐ Confirm that the donor is not currently pregnant

BLOOD TYPES AND COMPATIBILITY

What donations am I best for:

- ☐ Double red cells
- ☐ Plasma
- ☐ Platelets
- ☐ Whole blood

Who can receive my blood donation:

- ☐ O-
- ☐ B-
- ☐ A-
- ☐ AB-
- ☐ O+
- ☐ B+
- ☐ A+
- ☐ AB+

Who I can receive a blood donation from:

- ☐ O-
- ☐ B-
- ☐ A-
- ☐ AB-
- ☐ O+
- ☐ B+
- ☐ A+
- ☐ AB+

Additional Notes: