

If you have ever been turned away or deferred from donating blood, you can change a “No” to a “Now I can!”

Why were you deferred?

What you can do

Anemia

Eat iron-rich foods like meat and spinach.

Diabetes

Get your diabetes under control, then you can donate.

High blood pressure

Get your blood pressure under control, then you can donate.

Pregnant

Wait 6 weeks after you have had your baby.

Tattoo or body piercing

Wait until you have healed to 12 months.

Travel to certain tropical areas

Wait 12 months.



Who can give blood?



Are you
Over the age of 16?



Are you
at least 110 lbs.?



Are you
generally healthy?

**You can give
blood!**

(If you're under 18, you must
have a parent's permission.)

**You can give
blood!**

**You can give
blood!**

Visit mysleevesup.com/donate for more details.