

What you need to know before donating blood



WHO CAN DONATE?*

- You must be between 16 and 60 years old and weigh at least 45kg
- Have a red blood count or haemoglobin level of at least 12.5 g/dl
- Be generally in good health and without any symptoms of infection – sore throat, cough, runny nose, diarrhoea – for at least one week
- No fever in the last 3 weeks



WHAT YOU MUST REVEAL BEFORE YOU DONATE

- Your personal particulars will be recorded
- Fill in a questionnaire on whether you are feeling well, had major surgery, been in close contact with dengue patients or have taken addictive drugs
- You will be asked about your medical history to confirm that you are fit to donate, after which your weight, blood pressure, pulse and body temperature will be taken



YOU CANNOT DONATE BLOOD IF YOU*

- Have Hepatitis B or C
- Have HIV or are at risk of getting it because of a high-risk lifestyle (e.g. have had sexual contact with an HIV-positive person, have multiple sex partners or patronised sex workers)
- Lived in the UK for 3 months or more from 1980 to 1996 or in France for 5 years or more from 1980 up till today because of fears of having mad cow disease
- Have cancer or major chronic illnesses
- Abused drugs (either oral or intravenous)



PENALTY

- The maximum penalty of giving false information is two years in jail and a \$20,000 fine

* For details, please refer to HSA's website at http://www.hsa.gov.sg/publish/hsaportal/en/health_services/blood_donation.html

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