



Canadian  
Blood  
Services

BLOOD  
PLASMA  
STEM CELLS  
ORGANS  
& TISSUES

# Start a lifesaving habit this semester

Make all the difference for patients by donating

**Join us:**

*Scan the QR code to book  
your donation appointment  
now or visit [blood.ca](https://blood.ca)*

**Brynn, blood and  
stem cell recipient**



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# Are you 17–23 years old?

If you are between the ages of 17 and 23, you must meet our weight and height criteria. Review the table below to determine your eligibility.

| Height                    | Weight requirements for males | Weight requirements for females |
|---------------------------|-------------------------------|---------------------------------|
| 169 cm (5' 6")            | Eligible to donate            | 50 kg (110 lb.)                 |
| 165 cm (5' 5")            | Eligible to donate            | 52 kg (115 lb.)                 |
| 163 cm (5' 4")            | Eligible to donate            | 54 kg (120 lb.)                 |
| 160 cm (5' 3")            | Eligible to donate            | 56 kg (124 lb.)                 |
| 158 cm (5' 2")            | Eligible to donate            | 58.5 kg (129 lb.)               |
| 155 cm (5' 1")            | Eligible to donate            | 60 kg (133 lb.)                 |
| 152 cm (5')               | 50 kg (110 lb.)               | 62.5 kg (138 lb.)               |
| 150 cm (4' 11")           | 52 kg (115 lb.)               | 64 kg (142 lb.)                 |
| 147 cm (4' 10")           | 54 kg (120 lb.)               | 66 kg (146 lb.)                 |
| Less than 147 cm (4' 10") | Sorry, you are not eligible   | Sorry, you are not eligible     |

If your height is below 147 cm (4' 10"), you may become eligible when you turn 23 or move up the chart. Keep in mind that **all donors, regardless of age, must weigh at least 50 kg (110 lb.)** to be considered eligible to donate blood.



## More ways to donate

There are many ways for you to be part of **Canada's Lifeline**, visit [blood.ca/ways-donate](http://blood.ca/ways-donate) to learn more.



@CanadasLifeline



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## You're coming to donate? We can't wait to see you. Here's your checklist for a smooth donation

### **Identification**

You must present at least one of the following forms of ID at the time of your donation:

- Government-issued ID showing your full name and date of birth.
- Canadian Blood Services donor card.

*\*If you use the GiveBlood app, your digital donor card found on the app is also acceptable. To use the digital donor card, enter the donor ID number that appears on the front of your donor card on the Canadian Blood Services app.*

### **Age**

You must be at least 17 years of age.

### **Weight**

You must be at least 50 kg (110 lb.) First time donors (aged 17-23) must meet our height and weight requirements.

Visit [blood.ca/am-i-eligible](http://blood.ca/am-i-eligible) for additional information.

### **Frequency of donation**

Minimum interval between blood donations is 56 days for males and 84 days for females.

### **Health and testing**

You must be in general good health and feeling well. You must also meet the hemoglobin requirements (test done at the donor centre) on the day of your donation.

### **Screening**

At the time of donation, you will need to answer a number of questions to determine your eligibility.

### **Hydration and nourishment**

- Make sure you drink lots of water, eat a healthy meal and are fully-rested.
- Have a salty snack and 500 mL of water just before you donate.

## **Wait before donating, until:**

- The day after treatment if you have had a cleaning or filling. If you have had an extraction, root canal or dental surgery you must wait 72 hours after treatment, and be fully recovered, before you donate.
- You have fully recovered, if you have a bad cold, flu or sore throat.
- Three months have passed, if you have had any body piercings or tattoos.

## **Our commitment to safety**

Donating blood does not put you at risk for diseases. All needles are sterile, used only once and discarded. The usual blood collection, a "unit", is about half a litre or one pint. Your body soon replaces all the blood you donate.

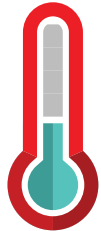
The above eligibility requirements were accurate at the time of printing. Eligibility requirements are subject to change. For more information on eligibility requirements, please visit [blood.ca/am-i-eligible](http://blood.ca/am-i-eligible) or call **1 888 2 DONATE** (1.888.236.6283).

When completing the donor questionnaire, remember to answer all questions truthfully to make a false statement is a serious matter that could harm others.



# Enhanced wellness measures in effect

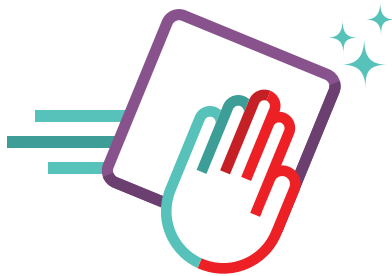
For our latest updates, visit [blood.ca/COVID19](https://blood.ca/COVID19)



**Wellness screening** at our entrances includes a temperature check, so avoid hot beverages for about ten minutes before your arrival.



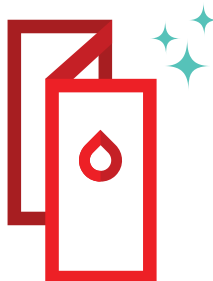
Face masks **provided by Canadian Blood Services** must be worn within our donor centres.



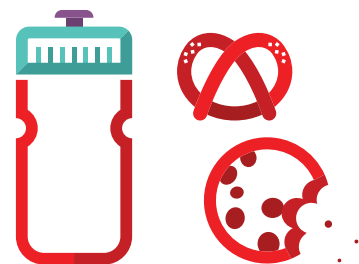
**Increased cleaning frequency** of all equipment and surfaces.



Seated waiting areas and donor chairs are spaced **2 metres apart**.



Laminated donor information pamphlets **are wiped down after each use, or discarded** after each use if they are not laminated.



**You will be provided with post-donation drinks and snacks**, but we ask that you do not consume them until you are outside our centre.