



Blood Donor Eligibility Toolkit

Educate on important blood donation eligibility criteria through a sample email, myth fact educational poster, and social media graphics designed to increase awareness and engagement in supporting our nation's blood supply.

INCLUDED IN THIS TOOLKIT

- About This Toolkit
- Sample Email
- Social Media Graphics
- Myth Fact Poster
- Myth Fact One Pager



ABOUT THIS TOOLKIT

At times, individuals may mistakenly assume they are ineligible to donate blood, when in fact, they could be actively contributing to saving lives right now. Whether you represent a blood center or collaborate with the blood donation community, these resources have been developed to support you in effectively conveying the crucial information regarding blood donor eligibility. By accurately informing more individuals, you can inspire increased blood donations and ultimately make a significant impact on saving lives.

The toolkit includes a sample email to use to promote upcoming blood drives with community blood centers and raise awareness about blood donation eligibility criteria, a poster outlining blood donation eligibility facts for display at blood drives and at businesses, an electronic version of the poster for distribution to employees or networks via email, and social media graphics for platforms like Facebook, X, and Instagram to share information about blood donation eligibility. You are encouraged to add your blood center or company's logo to these materials.



SOCIAL MEDIA GRAPHICS

You can download these graphics here. You are encouraged to add your organization's logo to these images.

Get the facts on blood donor eligibility.

✓ FACT
You can donate blood if your tattoo was done at a state-regulated tattoo shop. Otherwise, you must wait three months post-application before donating.

Get the facts on blood donor eligibility.

✓ FACT
Most medications do not disqualify you from donating blood.

Get the facts on blood donor eligibility.

✓ FACT
Sexual orientation is no longer a factor in blood donation eligibility.

Get the facts on blood donor eligibility.

✓ FACT
Those with a cancer history can donate if cancer-free for a certain period and meet eligibility guidelines.

Get the facts on blood donor eligibility.

✓ FACT
There is no upper age limit for blood donation. The minimum age in most states is 16, with parental consent.

Get the facts on blood donor eligibility.

✓ FACT
Diabetics on insulin can donate blood as long as their condition is well-managed.

Get the facts on blood donor eligibility.

✓ FACT
Community blood centers provide donated blood directly to patients, while for-profit plasma companies send collections overseas to manufacture pharmaceutical products.

Get the facts on blood donor eligibility.

✓ FACT
Medications for high blood pressure alone do not disqualify someone from donating blood.

Get the facts on blood donor eligibility.

✓ FACT
FDA updates have lifted restrictions on blood donation eligibility related to vCJD, allowing many previously deferred donors to give.

SAMPLE EMAIL

Subject: Join Us in Making a Life-Saving Impact at Our Upcoming Blood Drive

Dear Team,

We are proud to announce that our company is partnering with our local community blood center, [Name], to host an upcoming blood drive. This will provide an opportunity for all of us to come together and make a difference in the lives of patients at a time when a blood transfusion is needed every two seconds.

Event Details:

Date: [Placeholder]

Time: Placeholder]

Location: [Placeholder]

It's common for people to believe they are not eligible to donate blood due to misconceptions surrounding eligibility. However, it's important to understand the facts to dispel common myths, including:

- Myth: I can't donate blood because I'm on medication.
- Fact: Most medications do not disqualify you from donating.

- Myth: Diabetics on insulin can't donate blood.
- Fact: Diabetics on insulin can donate blood as long as their condition is well-managed.

- Myth: I have a tattoo, so I can't donate blood.
- Fact: You can donate blood if your tattoo was done at a state-regulated tattoo shop. Wait three months after a tattoo is done in an unregulated facility.

You can get the facts on common misconceptions in the attached document. Mark your calendars and spread the word – and let's make a positive impact together!

[Name and organization]

MYTH FACT DOCUMENTS

You can download [this poster here](#) and download a shareable [PDF version here](#).



Get the facts on blood donor eligibility.

Many believe they are ineligible to donate blood when in reality they could be making a lifesaving difference today. A single donation can save multiple lives. Don't let myths deter you – get the facts about blood donor eligibility! Check with your local community blood center to learn more.

Myth: "I can't donate blood because I'm on medication."
Fact: Most medications do not disqualify you from donating.

Myth: "I have a tattoo, so I can't donate blood."
Fact: You can donate blood if your tattoo was done at a state-regulated tattoo shop. If your tattoo was done in a state that does not regulate tattoo facilities, then you must wait three months after it was applied to donate.

Myth: "LGBTQ individuals cannot donate blood."
Fact: With the FDA's updated guidelines, sexual orientation is no longer a factor in blood donation eligibility.

Myth: "I have a history of cancer so I can't donate blood."
Fact: In many cases, individuals with a history of cancer can donate blood if they have been cancer-free for a specified period and meet other eligibility guidelines.

Myth: "I am too old or young to donate blood."
Fact: There is no upper age limit for blood donation. The minimum age in most states is 16, with parental consent.

Myth: "Diabetics on insulin can't donate blood."
Fact: Diabetics on insulin can donate blood as long as their condition is well-managed.

Myth: "I traveled out of the country recently, so I can't donate blood."
Fact: Traveling does not automatically make you ineligible to donate blood. Guidelines vary, so be sure to check with your local community blood center to learn more.



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Blood Donor Professionals*



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ADRP.org
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