BLOOD CENTER OF NORTHCENTRAL WISCONSIN, INC.
211 Forest Street
Wausau, WI 54403

DONOR QUALIFICATIONS AND RESTRICTIONS

Please call the Blood Center of Northcentral Wisconsin to discuss medical conditions requiring evaluation and those not included in this at 715-842-0761 or 1-866-566-5900.

AGE: Blood donors shall be at least 17 years old; there is no upper age limit. Blood donations are also accepted from 16-year-olds with a blood center permission form which has been signed by their parent or guardian. Forms are available during the blood drive, by contacting the Blood Center at 715-842-0761, or on our website bcnwi.org.

AIDS: Permanent deferral for positive HIV test or use of Antiretroviral therapy to treat HIV.

ALLERGY SHOTS: Defer 3 days.

ANTIMALARIAL DRUGS: Defer for 3 months from return date if given prophylactically for travel to a malarial endemic area.

ASTHMA: If symptom-free, no attacks within the last 48 hours, and not taking ingested steroids. Inhaled steroids are okay.

BLOOD DONATION - MINIMUM INTERVAL: Eight weeks. Exception: apheresis donations.

BLOOD EXPOSURE (INCLUDING ACCIDENTAL NEEDLE STICK): Defer 3 months if exposure was in an open wound, mucous membrane, or by puncture.

BLOOD PRESSURE: Systolic pressure should be no higher than 180mm and no lower than 90mm, and the diastolic should be no higher than 100mm and no lower than 50mm.

BLOOD TRANSFUSION RECIPIENT: Defer 3 months.

CANCER: Leukemia, lymphoma, multiple myeloma, Hodgkin's disease, and metastatic melanoma are permanent deferrals. Merkel cell carcinoma is a 5-year deferral if no recurrence. Other non-metastasizing cancers are acceptable two years after therapy. Localized basal cell or squamous cell are acceptable (if excised, the site must be healed). In-situ carcinoma of the vulva, cervix, breast and papillary thyroid cancer are acceptable after completion of therapy.

CONCUSSION: Defer for 8 weeks.

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CONVULSIONS OR EPILEPSY: Acceptable if seizure-free for ≥ 1 year. Convulsions as infant associated with high fever are acceptable. If due to cancer, acceptable if in remission for at least 2 years.

CREUTZFELDT-JAKOB DISEASE: Permanent deferral for diagnosis or genetic CJD in blood relatives.

DENTAL WORK: No deferral after routine cleanings, fillings, and crown placements; defer ≥ 3 days post-root canal, oral surgery, crown prep, or tooth extraction.

DIABETES: Controlled with diet or oral medications - may donate. Controlled with insulin - accept if on insulin, stable, and donor has eaten within the hour prior to donation.

DRUG USE: 3 month deferral for past or present IV drug use.

FASTING: Fasting is not recommended and if a donor has not eaten within the past 4-6 hours, he/she should be given a light snack.

FLU: Donors must be free of flu-like symptoms and fever for 72 hours prior to donation. Defer for 72 hours after symptoms are resolved. If vomiting/diarrhea - defer 1 week. If antiviral medications were taken - defer 2 weeks. If taking other medications for flu symptoms or fever, defer for 72 hours and re-evaluate at subsequent donation.

FLU SHOT: No deferral if donor is symptom-free and afebrile.

GENERAL APPEARANCE: Apparent illness, drug or alcohol influence, or excessive nervousness may warrant exclusion.

HAZARDOUS OCCUPATIONS: If job duties (or hobbies) include possible hazard to self or responsibility for the safety of others, the consequence of temporary incapacity due to fainting or other delayed reaction should be considered.

HBIG (Hepatitis B Immune Globulin) SHOT or HEPATITIS A VACCINE: Given following exposure to Hepatitis A or B, defer for 1 year.

HEART DISEASE: Single episodes of rheumatic fever or pericarditis, a heart murmur, or repair of a congenital defect do not necessarily disqualify a donor. Donors who have had a previous heart attack, heart surgery, angioplasty, blockages, etc., may be acceptable. Call for evaluation.

HEMOGLOBIN: No less than 12.5 for females; no less than 13.0 for males.
**HEPATITIS A:** Defer donors who have had Hepatitis A for 120 days after the illness has been resolved. If given Hep A Vaccine, or Hep A immune globulin because of the illness, defer 1 year.

**HEPATITIS B, HEPATITIS C, OR UNKNOWN VIRAL HEPATITIS:** Permanently exclude donors with history of hepatitis B, C, or unknown type.

**HEPATITIS EXPOSURE:** Defer 12 months for exposure to Hepatitis B, symptomatic Hepatitis C, or unknown viral hepatitis. Exposure to someone with asymptomatic Hepatitis C is acceptable.

**INFECTIOUS MONONUCLEOSIS:** Donor is acceptable if recovery is complete.

**INMATES OF PENAL OR MENTAL INSTITUTIONS FOR MORE THAN 72 CONSECUTIVE HOURS DURING PREVIOUS 12 MONTHS:** Defer 12 months.

**KIDNEY, LIVER, LUNG, OR STOMACH DISEASE:** Acute illness is reason for exclusion. Chronic conditions will be evaluated. Call for evaluation.

**MALARIA INFECTION:** Defer three years after asymptomatic and therapy has been completed as long as there has been no subsequent travel to a malaria-endemic area.

**MEDICATIONS (Prescribed):** Oral contraceptives, mild analgesics, minor tranquilizers, cholesterol lowering drugs, blood pressure meds, antidepressants, vitamins, replacement hormones, and weight reduction pills are not usually cause for exclusion. Drugs such as antibiotics, nitroglycerin and anticoagulants are usually cause for deferral. Antibiotics for acne are acceptable.

**PIERCING - EAR OR SKIN:** Defer 3 months after piercing or gauging; no deferral if piercing was done with single-use equipment and is healed.

**PREGNANCY:** Defer during pregnancy. Defer six weeks after termination of any pregnancy.

**PULSE:** Pulse should be between 50-100 beats per minute with no pathological irregularity. Lower pulse rates are acceptable on an individual basis if the donor is athletic, has a historical record of a lower pulse rate, and has approval from the Medical Director. Donors who have had their irregular pulse investigated and have a healthcare provider’s permission to donate may be accepted pending approval by the Medical Director (the healthcare provider’s permission must be dated within the past 5 years).

**RESPIRATORY INFECTIONS:** Acute infections are cause for deferral. Defer until symptom-free for 72 hours. Donors with hay fever/allergies are acceptable.
SEXUALLY TRANSMITTED DISEASE: Defer for 3 months after completion of therapy. Donor must provide proof of completion of therapy.

SHINGLES: Defer while active lesions are present and for 1 week afterward. For shingles vaccine - see VACCINATIONS.

SKIN CANCER: Localized basal cell or squamous cell - no deferral. If removed, the site must be healed. Non-metastatic melanoma - 2 years. Metastatic melanoma - permanent deferral.

SKIN GRAFT: Defer 3 months; autologous grafts are acceptable when healed.

SKIN LESIONS: Venipuncture site must be free of lesions and signs of drug abuse. Donors with boils or other severe skin lesions should be deferred.

STROKE OR TIA: Accept one year after stroke (CVA or TIA) if stable.

SURGERY MAJOR/MINOR: Most surgeries require deferral until healing is complete and released from physician’s care. Call for evaluation.

SYPHILIS: Donors acceptable 3 months after treatment. Donor must provide proof of completion of therapy.

TATTOO: Defer 3 months; no deferral if done in a state-regulated facility with single-use equipment and healed.

TEMPERATURE: Oral temperature must not exceed 99.5°F.

TRANSPLANTS OR GRAFT RECIPIENTS: Artificial orthopedic transplants are acceptable. Defer 3 months for bone, skin, or joint. Defer 6 months for replacement/repair of heart valve. Autologous transplants are acceptable once healed. Dura mater and xenotransplants (live tissue/cells from another species) are a permanent deferral.

TRAVEL: May require deferral based on malarial or vCJD risk.

A. U.S./Canadian Resident - Travel to malarial risk area in the last 3 years:
   1. Defer for 3 months if free of malaria symptoms and travel time in risk area was greater than 24 hours.
   2. Defer for 3 years if a resident (a continuous stay of longer than 5 years) of a country with malaria risk.
   3. Call for evaluation of risk areas and travel/residence time.
   4. Call for evaluation if you have been a resident of another country in the past.
B. vCJD - Defer donors who have:
   1. Spent time that adds up to 3 months or longer in the UK from 1980-1996.
   2. Spent time that adds up to 5 years or longer in France or Ireland from 1980
to the present. Include time spent in the UK from 1980-1996. Do not include
time spent in the UK after January 1, 1997.
   3. Received blood transfusions in the UK, France, or Ireland since 1980.

**TUBERCULOSIS:** A donor with a recent TB skin test is acceptable if the site shows no swelling
and the test was part of a routine physical exam or worker-wellness testing. If not, the test must be
negative and have been read by the healthcare provider. Active pulmonary TB is cause for rejection.
Donors are deferred for 2 years after diagnosis and completion of treatment. Donors exhibiting
positive skin tests but negative x-ray scans may be accepted.

**VACCINATIONS:** May require deferral.

A. No deferral if symptom free and afebrile for Influenza, Tetanus, Typhoid,
Paratyphoid, Diptheria, Rocky Mountain Spotted Fever, Polio injection, Hepatitis A,
Hepatitis B Series, HPV (Gardasil), Lyme, Pertussis, Plague, or Pneumococcal
vaccine.
B. 1 year for Rabies vaccine or Rabies Immune Globulin following an animal bite.
C. 8 week deferral (minimum) for Small Pox vaccine.
D. 4 week deferral for MMR (Measles/Mumps/Rubella combination vaccine), Chicken
Pox vaccine, and Zostavax (live vaccine for Shingles). There is no deferral for
Shingrix (a non-live vaccine for shingles) as long as the donor shows no side effects.
E. 2 week deferral for Rubeola, Mumps, Yellow Fever, Cholera, Oral Typhoid, or Oral
Polio vaccines.

**WEIGHT:** Donors must weigh a minimum of 110 pounds for whole blood donation and 120 pounds
for apheresis donation.