



Criteria for Donating Blood

1. You must be at least 16 years of age. If 16, a parent/guardian Parent Consent Form as well as an Authorization to Release Health Information consent form must be signed each time you donate.
2. You must weigh at least 110 pounds.
3. Before donating blood, you must be feeling well and healthy and symptom free from a headache, cold, flu or fever on the day of your donation.
4. You must wait 3 months after travel to an area where malaria has been found. For example, certain places in Mexico are considered malaria-risk areas. Be sure to ask about your specific travel location by calling the Donor Center at 284-4475.
5. In many cases, taking medications will not disqualify you as a blood donor. As long as the condition is under control and you are healthy, blood donation is usually permitted. Common medications such as birth control, anti-depressants, cholesterol and medicines to treat high blood pressure are all acceptable as long as the condition is under control. Please call the Donor center for any medications you may question at 507-284-4475.
6. Donation is acceptable if you were recently vaccinated for COVID-19, influenza, tetanus, meningitis, or tuberculin skin test, providing the tuberculin skin test has been read and you are symptom-free and fever-free.
7. You no longer have to wait 12 months to donate after a receiving a tattoo as long as it was received in a state regulated entity with sterile needles and non-resused ink. You may donate right away if there are no open sores.
8. You can donate if you have had or do have the following as long as you are feeling well and healthy:
 - Heart attack (with physician's letter of approval)
 - Multiple sclerosis
 - Diabetes
 - Epilepsy
 - Arthritis
 - Crohn's disease
 - Most cancers as long as you are one year cancer free except for Hodgkin's disease, leukemia, lymphoma, myeloma and Kaposi's sarcoma.
9. Please contact the Mayo Clinic Blood Donor Center at 284-4475 for any further questions.