



A few

SELECTION CRITERIA

To read before you register



CRITERIA	CAN I GIVE BLOOD?
ACUPUNCTURE	✓ Only if done with single-use needles. OTHERWISE , you must wait 3 months.
AGE	✓ If you are 18 years old and older.
ALLERGIES	✓ If you feel well, even if you were given an allergy injection.
BODY PIERCING/TATTOOS	✓ If done over 3 months ago.
CANCER	✓ If it is a skin cancer (basal or squamous cell carcinoma) or a uterine cervical cancer in situ, as long as it has been successfully treated.
	✗ For any other type of cancer: consult with Héma-Québec staff.
CHILDBIRTH BREASTFEEDING PREGNANCY	✓ If birth occurred more than 6 months ago.
	✓ If you are breastfeeding, provided birth occurred more than 6 months ago.
	✗ If you are pregnant.
CHOLESTEROL	✓ No restrictions.
COLD	✓ If you feel well and do not have any fever.
DENTIST	✓ If whitening or impression.
	✓ The day after a filling (restoration), cleaning or orthodontics.
	✓ 3 days after an extraction, surgery, root canal, crown, root planing, gum autograft or implant.
DIABETES	✓ If resolved or controlled by diet or oral medication.
	IF TREATED WITH INSULINE : consult with Héma-Québec staff.
DRUGS	✗ If intravenous, even once.
ELECTROLYSIS	✓ Only if done with single-use or personal use needles. OTHERWISE , you must wait 3 months.
HIGH-RISK SEXUAL BEHAVIOUR	✗ If you have had anal sex with a new partner or with multiple partners in the past three months.
MEDICATIONS	➔ Make sure to know the name of your medications.
SORE THROAT	✗ Until symptoms disappear and, if you take antibiotics, until the antibiotic treatment is finished.
TICK BITE	✗ If the tick bite occurred less than 30 days ago.
VACCINATION	✓ If you have been vaccinated against influenza (or flu) or COVID-19.
	OTHER VACCINES : consult with Héma-Québec staff.
WEIGHT	✓ Whole blood donation:
	• For MEN , you can give blood if your weight is at least 50 kg (110 lb).
	• For WOMEN , if you are aged 23 or over, you can give blood if your weight is at least 50 kg (110 lb). If you are between the ages of 18 and 22, consult with Héma-Québec staff to find out if you can give blood.





HAVE YOU TRAVELED?

To read before you register



VISITED COUNTRIES

CAN I GIVE BLOOD?

RISK FOR ZIKA AND OTHER ARBOVIRUS

✘ If, during the past 21 days, you have returned from a trip to someplace other than **CANADA**, the continental **UNITED STATES** or **EUROPE**, you cannot give blood for three weeks (21 days) following the date on which you returned.

RISK FOR MALARIA*

BAHAMAS

✔ Country not at risk for malaria.

COSTA RICA

✘ If you visited the provinces of Alajuela or Limón: temporary exclusion**.

✔ If you visited any other region in Costa Rica.

CUBA

✔ Country not at risk for malaria.

DOMINICAN REPUBLIC

✘ If you visited the provinces of Santo Domingo, San Cristobal, San Juan or La Altagracia (including Punta Cana), or any other province on the border with Haiti (Dajabón, Elías Piña, Independancia, Monte Cristi, Pedernales): temporary exclusion**.

✔ If you visited any other region in Dominican Republic.

GUATEMALA

✔ If you visited the cities of Antigua, Guatemala and Atitlan Lake.

✘ If you visited any other region in Guatemala: temporary exclusion**.

HAITI

✘ Temporary exclusion**.

JAMAICA

✔ Country not at risk for malaria.

MEXICO

✘ If you visited the province of Chiapas or Chihuahua : temporary exclusion**.

✔ If you visited any other region in Mexico.

NICARAGUA

✘ If you visited the autonomous regions of North Caribbean Coast or South Caribbean Coast: temporary exclusion**.

✔ If you visited any other region in Nicaragua.

VENEZUELA

✘ Temporary exclusion**.

* The malaria criterion does not apply to apheresis plasma donations intended for manufacturing solutions based on plasma proteins.

** **IF YOU STAYED LESS THAN 6 MONTHS:** 3 months after your return date. **IF YOU STAYED 6 MONTHS AND MORE:** 3 years after your return date.