

[A] General Eligibility Criteria

To donate blood, you must:

- Be between 16 and 60 years of age.
- Weigh at least 45 kg.
- Be in general good health.
- Not have had any symptoms of infection (e.g., sore throat, cough, runny nose, or diarrhoea) for at least 1 week.
- Not have had a fever in the last 4 weeks.
- Not have taken antibiotics in the last 7 days. If you have taken antibiotics, wait at least 1 week from the last dose.
- Not have tested positive for COVID-19 in the past 28 days.
- Have a haemoglobin level of at least 13.0 g/dl for males and 12.5 g/dl for females (a test will be administered at the donation site).

COVID-19 VACCINE AND BLOOD DONATION

Please check the deferral period if you have recently received a COVID-19 vaccination, via the link here:

<https://www.hsa.gov.sg/blood-donation/covid-19-vaccine>.

It may be harmful to you or the recipients if you donate blood when you are not eligible to do so.

[B] Overseas Travel-Related Donation Eligibility

If you have travelled and stayed overnight in any of the following places, you will be ineligible to donate for a period of time:

- **Malaria Endemic Areas** (You need to wait 4 months from the date of return to Singapore before donating blood):
 - Batam and Bintan. If you have stayed overnight in either of these two places in the past 4 months, you will be ineligible to donate. You can donate if you did a day trip.
 - Myanmar and India within the past 4 months.
 - Malaysia (Sabah, Sarawak, Kelantan, Terengganu) within the past 4 months.
 - Malaria risk is **present** in rural areas (villages, forested areas, agricultural areas, plantations, and small islands) in all states of Malaysia.
- **West Nile Virus** (You need to wait 4 weeks from the date of return to Singapore before donating blood):
 - USA, Canada, Greece, France, Turkey, Italy, and Austria within the past 1 month.

The list above is not exhaustive. If you have travelled somewhere else, please check via the link here:

<https://www.hsa.gov.sg/blood-donation/donating-blood-after-overseas-travel>.

[C] Creutzfeldt-Jakob Disease (CJD)

The following donors are not eligible to donate due to the risk of transmitting Creutzfeldt-Jakob Disease (CJD) and variant Creutzfeldt-Jakob Disease (vCJD) through blood transfusion:

- Donors who have been diagnosed with CJD, vCJD, or any other Transmissible Spongiform Encephalopathies (TSE).
- Donors who are considered to have an increased risk for CJD:
 - Received a dura mater transplant.
 - Taken human pituitary-derived hormones.
 - Have one or more blood relatives diagnosed with familial prion disease (e.g., familial CJD, Gerstmann-Sträussler-Scheinker syndrome (GSS), and fatal familial insomnia (FFI)).
 - Received a corneal transplant.
- Donors who have received a blood transfusion in the United Kingdom, the Republic of Ireland or France between 1980 and present.

Donors who were previously deferred due to a stay in the United Kingdom, Republic of Ireland, France, or other countries in Europe during the affected period may now donate via apheresis donations (plateletpheresis, plasmapheresis, or double red cell donation). Apheresis donations are only available at the Bloodbank@HSA.

To learn more about the change in criteria, visit [https://www.hsa.gov.sg/blood-donation/variant-creutzfeldt-jakob-disease-\(vcjd\)-restriction](https://www.hsa.gov.sg/blood-donation/variant-creutzfeldt-jakob-disease-(vcjd)-restriction) for more information or call the Bloodbank@HSA at 6213 0626 to speak to the Bloodbank's medical staff and check your eligibility. The final determination of eligibility will be made by medical staff during the donor interview at Bloodbank@HSA.

For more information, please visit: <https://www.hsa.gov.sg/blood-donation/can-i-donate>.

The final assessment of whether you can give blood will be made by a medical screening professional at the Bloodbank. If you have questions about any of the eligibility criteria, please call Singapore Red Cross at 6220 0183 (Monday to Saturday, 10am to 4:30pm).