



# TELL ME MORE ABOUT DONOR SELECTION

## I have a cold or 'flu, can I donate?

No. For the safety of yourself as the donor and the recipient of your blood products, you should not donate until you are fully recovered. If you have the flu, you will be required to wait two weeks after you have fully recovered to make a donation.

## What about a vaccination, can I donate?

It depends on the vaccine. Vaccines such as influenza, tetanus, rabies, malaria, hepatitis A, whooping cough and human papilloma virus (Gardasil) generally will not affect your eligibility to donate. These are known as either 'killed vaccines' because they use inactivated material or 'recombinant vaccines' which, like Gardasil, are from a genetically engineered source. One exception is hepatitis B. This is a 'killed vaccine' but can interfere with blood tests so you will need to wait two weeks after vaccination before donating.

Vaccines containing weakened versions of the target microbe such as measles, mumps, rubella and chicken pox/shingles (varicella-zoster) are known as 'live vaccines'. You are still able to donate, but for four weeks after vaccination only the plasma portion of your blood can be used.

## I have had a tattoo, can I donate?

Not all tattoo shops use sterile equipment and therefore tattoos may carry a risk of transmitting blood-borne viruses. As a result, you will need to wait four months from receiving the tattoo before donating. This also applies to cosmetic tattoos.

## Can I donate after piercing?

Any piercing, on any part of your body, that was not performed using clean, single use, disposable equipment will prevent you from donating blood for four months. If you are at all unsure about the infection control procedure used, the four month deferral will be applied as a precaution. These practices carry a potential risk of giving the recipient bloodborne viruses.

If you had your ears pierced with clean, single use, disposable equipment, only the plasma portion of your blood can be used if you donate in the following 24 hours. After this time all of your blood can be used.

If you had any other part of your body pierced with clean, single use, disposable equipment, only the plasma portion of your blood will be used if you donate within the four months following the piercing. After this time, all of your blood is suitable to be used.

## BLOOD FACT

In 1796, Edward Jenner infected human 'volunteers' with cowpox to see if it protected them from smallpox. It worked. The Latin for cow pox, *Variolae vaccinae*, gives us the word vaccine.