

TELL ME MORE ABOUT DONOR SELECTION

Transfusion Fact Sheet Volume 3, Number 3
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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 vaccination. Vaccinations such as influenza (including swine flu), tetanus, rabies, malaria, hepatitis A, whooping cough and papillomavirus (Gardasil) generally will not affect your eligibility to donate. This is because they known as 'killed vaccines', meaning they are made from inactive material. One exception is hepatitis B. This is a 'killed vaccine' but it can interfere with testing so you will need to wait one week before donating.

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

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 six 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 six months. If you are at all unsure about the infection control procedure used, the six 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 for the first **24 hours**. After this time all of your blood components can be utilised.



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 for the first **four months** after the date of the piercing. After this time, all of your components are 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.