

# ScholarWorks@GSU

## Who can give blood?

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# If you have ever been turned away or deferred from donating blood, you can change a “No” to a “Now I can!”

## Why were you deferred?

## What you can do

**Anemia**

Eat iron-rich foods like meat and spinach.

**Diabetes**

Get your diabetes under control, then you can donate.

**High blood pressure**

Get your blood pressure under control, then you can donate.

**Pregnant**

Wait 6 weeks after you have had your baby.

**Tattoo or body piercing**

Wait until you have healed to 12 months.

**Travel to certain tropical areas**

Wait 12 months.



# Who can give blood?



**Are you**  
Over the age of 16?



**Are you**  
at least 110 lbs.?



**Are you**  
generally healthy?

**You can give  
blood!**

(If you're under 18, you must  
have a parent's permission.)

**You can give  
blood!**

**You can give  
blood!**

**Visit [mysleevesup.com/donate](https://mysleevesup.com/donate) for more details.**