

The need is constant. The gratification is instant. Give blood.™



General guidelines for blood donation

- Be in good general health and feeling well.
- Be at least 17 years old (16 years old with parental consent in some states).
- Weigh at least 110 pounds.
- Have not donated blood in the last 56 days.

Additional information for young donors

Height and weight requirements

Additional weight requirements apply for donors 18 years old and younger and all high school donors.

Male donors who are 18 years old and younger must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5' or taller
You must weigh at least	118	114	110

Female donors who are 18 years old and younger must weigh 110 pounds or more, depending on their height in the following chart:

If you are	4'10"	4'11"	5'	5'1"	5'2"	5'3"	5'4"	5'5"	5'6" or taller
You must weigh at least	146	142	138	133	129	124	120	115	110

Parental consent form

Some states allow 16 year olds to donate with written parental consent. Click [here](#) to find the parental consent form for your state.

Donor identification and proof of age

High school donors must provide identification and proof of age to ensure they meet the minimum age requirements for donation. Donors must provide one form of primary ID. If a primary form of ID is not available, the donor may provide two forms of secondary ID.

<p>Primary form of ID: The donor needs one of the following forms of ID.</p>	<p>American Red Cross donor ID (preferred) Or an acceptable primary picture ID:</p> <p>Driver's license</p> <p>Immigration and Naturalization Service card (green card)</p> <p>Credit card</p> <p>State ID</p> <p>Employee ID</p> <p>Passport</p> <p>Student ID</p> <p>Military ID</p>
<p>Secondary form of ID: When a primary form of ID is not available, the donor needs two secondary forms of ID.</p>	<p>Student ID (without a photo)</p> <p>Driver's license without a photo</p> <p>Credit card or bank card</p> <p>Employee ID (without a photo)</p> <p>Personal checkbook with name and address</p> <p>Social Security card</p> <p>Voter registration card</p> <p>Payroll stub</p> <p>Vehicle registration</p> <p>Fishing or hunting license</p> <p>Grocery store frequent shopper or VIP card</p> <p>Club or museum membership card</p> <p>Library card with donor's name</p> <p>Professional license (such as: RN, LPN or MT)</p> <p>Non-American Red Cross donor card</p> <p>Selective Service card</p> <p>Insurance card</p>
<p>Students at High Schools Without any of the previously listed forms of ID above, the ID and date of birth of a</p>	<ul style="list-style-type: none"> • School officials determine the donor's identity and date of birth from a list of potentially eligible donors (may use the yearbook to assist with the determination) • Adult volunteers instructed on ID verification using a

high school student may be checked by the following:	current yearbook picture and an additional piece of ID containing the donor's name and age • A parent or legal guardian can provide a document with the donor's legal name and verbally provide the name and age when the donor does not have ID due to age High school students may not check identification on other high school students at high school blood drives.
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- [More eligibility information »](#)

Here are some things you should know:

- Blood donation is a safe and simple procedure, and gives you the great feeling of having saved up to 3 lives.
- The whole process takes around an hour, but the actual donation only takes about 8-10 minutes.
- Drink plenty of water so you're hydrated before donating.
- Have a healthy meal before you donate – and try to avoid fatty foods.
- Wear clothing with sleeves that can be raised above the elbow.
- Bring a valid form of identification with you (driver's license or another form of ID that verifies your age) – we need this or your donor card each time you donate.