

Blood Type Donation Chart

Donor Details

Donor Name:

Donor ID (if applicable):

Date of Birth:

Contact Number:

Blood Type (if known):

Emergency Contact Details

Name:

Contact Number:

Relationship to donor:

Blood Donor Eligibility Criteria

Age:

- First-time donors can donate between 16 and 71 years of age.
- Existing donors can continue donating until they turn 75 years of age. If donors wish to continue donating following their 75th birthday, they will require authorization from their healthcare provider or medical officer.

Weight and height:

- Donors must weigh at least 50 kg or 100 lbs or more.
- Donors must also be at least 150 cm or 5'2" tall.

Health status:

- Donors must be in good health.
- Donors must be absent of any colds, flu, cough, sore throat, cold sore or any other infection.

COVID-19:

- If you have had COVID-19 recently, you must be symptom-free for at least seven days before donating.
- If you have tested positive for COVID-19 but have been without symptoms, you must wait seven days after your last positive result before donating.

Tattoos and piercings:

- You must wait three months following a new tattoo or piercing before donating.
- If you have had a cosmetic procedure by a registered health professional, such as a general practitioner or pharmacist, you may be able to donate 12 hours following the procedure. Please discuss this with the donor technician or your healthcare provider.

Travel:

- If you have traveled recently, please be ready to discuss the location and duration of your trip.

If any of the following applies to you, you may not be able to donate for the next 3 months:

- Participated in oral or anal sex with or without a condom (male donor)
- Engaged in sex work (prostitution) or have exchanged sex for payment
- Arrived from a country considered to be high risk for HIV infection

If you are currently pregnant, you will not be able to donate until following your pregnancy when you have been cleared to donate by your healthcare provider.

Blood Donor Eligibility (to be filled out by practitioner)

- Confirm donor's age
- First time donor must be between 16 and 71 years of age
- Existing donors can donate over age 75 and over, if authorised by a Medical Officer
- Confirm the donor weighs 50 kg or 100 lbs or more.
- Confirm the donor is at least 150 cm or 5'2" tall.
- Confirm the donor is in good health, with the absence of a cold, flu, sore throat, cold sore or any other type of infection.
- Confirm that the donor is symptom free for COVID-19 over the last seven days. If the donor has tested positive for COVID-19 but is without symptoms, ensure they have waited seven days following their last positive result before donating.
- If the donor has had a tattoo or piercing, ensure it has been 3 months since the procedure was done.
- If the donor has recently travelled, discuss where they have been and the duration of their trip in relation to the blood donor requirements
- Confirm that the donor is not currently pregnant

If any of the following applies to the donor, they may not be able to donate for the next 3 months:

- Male donor who has participated in oral or anal sex with or without a condom
- Engaged in sex work (prostitution) or has exchanged sex for payment
- Arrived from a country considered to be high risk for HIV infection

Blood Types and Compatibility

Blood Types	Best Donors For	Compatible to Donate for	Compatible to Receive
O+	Double Red Cells Whole Blood	O+, A+, B+, AB+	O+, O-
O -	Double Red Cells Whole Blood	All Blood Types	O-
A+	Plasma Platelets	A+, AB+	O+, O-, A+, A-
A -	Double Red Cells Whole Blood	A, A-, AB-, AB+	A-, O-
B+	Plasma Platelets	B+, B-, AB+, AB-	O+, O-, B+, B-
B-	Double Red Cells Whole Blood	B+, B-, AB- AB+	B-, O-
AB+	Plasma Platelets	AB+	All Blood Types
AB-	Plasma Platelets	AB+, AB-	O-, A-, B- AB-

What donations am I best for:

- Double red cells
- Plasma
- Platelets
- Whole blood

Who can receive my blood donation:

- | | |
|------------------------------|------------------------------|
| <input type="checkbox"/> O- | <input type="checkbox"/> O+ |
| <input type="checkbox"/> B- | <input type="checkbox"/> B+ |
| <input type="checkbox"/> A- | <input type="checkbox"/> A+ |
| <input type="checkbox"/> AB- | <input type="checkbox"/> AB+ |

Who I can receive a blood donation from:

O-

O+

B-

B+

A-

A+

AB-

AB+

Additional Notes: