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*Give Life To Your Community*

## Travel Guidelines for Blood Donors

### **In the past three years, have you been outside the U.S. and Canada?**

Travel restrictions are constantly changing. Please do not assume that your recent travel precludes you from donating blood. This guideline sheet contains information about the primary travel-related issues for blood donation. With questions about specific places you have visited, contact our Donor Services Department by calling 800.280.5337 or send us an email at [donate@cbco.org](mailto:donate@cbco.org).

### **Malaria Risk**

The Centers for Disease Control determines areas at risk for malaria for travelers from the United States. Because this list of malaria-endemic areas is frequently updated, it is impossible to include every country here, and you are encouraged to [contact us](#) for more information.

To help expedite your donation process, bring a list of your exact areas of travel with you when you come to donate blood. Often, it's not the entire country that is at risk for malaria, just certain parts of it. Knowing exactly where you have traveled is essential.

Know when you returned to the United States. If you traveled to a malaria-endemic area and stayed for less than 24-hours, you may still be eligible to donate. If you stay more than 24-hours but less than six months, there is a three-month deferral period for blood donation. The three-month clock starts ticking the day you return to the United States. If you have any questions, please give us a call at the number listed above.

## **Community Donation Centers**

Springfield, MO • Joplin, MO • Springdale, AR • Bentonville, AR