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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 12-month deferral period for blood donation. The 12-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.

### **Creutzfeldt-Jacob Disease ("Mad Cow Disease") Risk**

If you spent three or more months in the United Kingdom between Jan. 1, 1980 and Dec. 31, 1996, you may not donate blood. The U.K. includes England, Northern Ireland, Scotland, Wales, the Isle of Man, the Channel Islands, Gibraltar and the Falkland Islands.

If you spent a total time that adds up to five or more years in Europe since Jan. 1, 1980, you may not donate blood. European countries are Albania, Austria, Belgium, Bosnia-Herzegovina, Bulgaria, Croatia, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Republic of Ireland, Italy, Liechtenstein, Luxembourg, Macedonia, Netherlands, Norway, Poland, Portugal, Romania, Slovak Republic, Slovenia, Spain, Sweden, Switzerland, United Kingdom and Serbia Montenegro (formally known as Federal Republic of Yugoslavia).

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**Community Donation Centers**

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

**U.S. Military Personnel and Their Dependents**

Military personnel and their dependents who spent a total of six or more months associated with a military base in the following countries during the following time periods cannot donate blood:

Belgium, the Netherlands or Germany: 1980 through 1990

Spain, Portugal, Turkey, Italy or Greece: 1980 through 1996

U. S. military personnel stationed on ships off the coast of any of the above countries may donate blood.