Blood donors must:
» Be at least 17 years of age
» Weigh at least 110 lbs
» Be free of cold and flu symptoms (allergies okay; as are most medications)
» Eat before donating & drink plenty of fluids
» BRING PHOTO ID

Unfortunately, you will be deferred:
» If you stayed in the U.K. for a cumulative time of three months or more between 1980 and 1996;
» If you spent five years or more since 1980 in specified European countries (please call for more info);
» For one year if, within the last twelve months, you traveled to India or certain parts of China, Costa Rica, or Mexico.

Track Donor Cup 2010 stats online: http://bloodcenter.stanford.edu/donorcup.html