



**American
Red Cross**

Blood Donation Requirements FOR HIGH SCHOOL STUDENTS

Thank you for your interest in donating blood. By donating blood you are giving life to someone in need. So that we can provide the safest possible donation experience we have changed the criteria for whole blood donation. Selection criteria now include a table based on height and weight to determine if students are eligible.



MALE donors 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 must weigh 110 pounds or more, depending on their height in the following chart:

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

Females who are shorter than 5'1" may still be eligible to donate blood. They may call 866-236-3276 to ask about their eligibility.

Even if you have donated successfully in the past, you will not be allowed to donate if you do not meet these new criteria. We understand this may disappoint those of you who may have donated in the past. We encourage you to donate again when you meet these criteria. If you still want to be involved, please contact your recruitment committee to find out other ways you can volunteer.