

**Additional information** provided by the Hong Kong Red Cross Blood Transfusion Service

**(A) Basic information on blood donation**

Basic criteria for blood donation:

1. Aged between 16<sup>th</sup> and 66<sup>th</sup> birthday for first-time donors {regular donors (donated within the past 2 years) can donate up to 76}
2. Weigh over 41 kgs (around 90 pounds)
3. Healthy

Pre-donation preparations:

- Have sufficient sleep the night before
- Consume food within 4 hours before donation
- Drink sufficient water
- Wear clothing with loose sleeves
- Bring along your Hong Kong Identity Card (if available) or valid travel document

Frequency of blood donation:

- Donors aged 16 to 17 can give blood three times in a year, with an interval of no less than 150 days between two consecutive donations.
- Female donors aged 18 or above can give four times in a year, with an interval of no less than 105 days between consecutive two donations.
- Male donors aged 18 or above can give five times in a year, with an interval of no less than 75 days between consecutive two donations.

Information on pre-donation health screening:

For every donation, donors (new or repeated) have to fill in Blood Donation Registration Form and respond to health history enquiry, which consists of a questionnaire followed by a private interview with our nurse. The purpose is to assess your current and past health conditions for donation eligibility Blood Donation Registration Form sample:

English: <https://www5.ha.org.hk/rcbts/don-reg-form?lang=en>

Chinese: <https://www5.ha.org.hk/rcbts/don-reg-form?lang=tc>

**We respect personal data privacy and are committed to complying with the requirements of the Personal Data (Privacy) Ordinance. We strive to ensure**

**compliance by our staff with the strictest standards of data security and confidentiality.**

**\*\*Please note that the following Precautionary Measures in Response to COVID-19 are now in force:**

- Member of public who has travelled outside Hong Kong recently for any destinations should be deferred from blood donation for 28 days from the date of arrival;
- Member of public who had close contact with a confirmed case of COVID-19 should be deferred from blood donation for 28 days;
- Member of public with confirmed COVID-19 will be deferred for 180 days after complete recovery.

Latest blood donor screening policy regarding to the COVID-19 Vaccination Programme:

<https://www5.ha.org.hk/rcbts/news/covid19vaccination?lang=en>

**(B) Things-To-Note**

- For photo-taking or video-shooting, please contact the duty officer in advance.

**(C) Materials (attached)**

- [Info to Donor](#)
- [Pre-donation Reminder](#)
- [Precautionary Measures in Response to COVID-19](#)