



NEW YORK STATE SENATOR
John J. Flanagan

Donate Blood - Save A Life

JOHN J. FLANAGAN

The **NEW YORK BLOOD CENTER** is always looking for people to donate blood.

If you are interested in helping them help others, please **CLICK HERE** to schedule an appointment or to get information about upcoming events in your community. You may also call 1-800-933-2566.

ACCORDING TO THE NEW YORK BLOOD CENTER, YOU MUST:

- AT LEAST 17 YEARS OF AGE
- WEIGH AT LEAST 110 POUNDS
- AND BE IN GENERAL GOOD HEALTH TO DONATE.

If you are 16-years-old, you can only donate if you provide a signed **NEW YORK STATE INFORMED PARENTAL CONSENT FOR A 16-YEAR OLD TO DONATE WHOLE BLOOD** form to the blood drive.

People over 75 can continue to donate blood if they meet all **donor criteria** and present a physician's letter allowing them to donate.

There are, however, some **medical conditions** that can keep someone from giving blood. These guidelines are set by federal, state and local health agencies to protect both donors and patients.

If you have specific questions about your donor eligibility, call 1-800-688-0900 or review the Medical Condition chart in **Before You Donate**. Whole blood donors also cannot have donated in the prior 56 days.

Also, different types of donations have different interval requirements. Please click on [How Often Can I Donate](#) for details.