



With your donation, ¡we save lives!

Requirements for blood donation:

Read carefully the following information, and if you meet any of this points, unfortunately you will not be eligible for blood donation

- If you do not feel good, if you are tired or nervous, if you have a hangover or had too little sleep.
- If three days before you had an infection, took medicine, alcohol, drugs or had your menstrual flow.
- If six months before you had an operation or were pregnant.
- If you suffer from any kind of attacks, bruises or spontaneous bleedings, uncontrolled high or low pressure, diabetes and are medicated with insulin, heart problems, serious allergies or a current infection.
- If you are younger than 18 years or weigh less than 110 pounds.
- If you are being paid to donate.
- If you or your partner have received blood, had intercourse with same sex individuals, strangers or prostitutes.
- If you work as a prostitute.
- If you have had any venereal disease.
- If you have been confined in a mental health institution or in jail.
- If you used or use drugs.
- If you had hepatitis.
- If you have loss of weight, fever, tumors or chronic diarrhea.
- If you have had yellowish eyes, fever, and dark urine.

Prior to arrival, please fast for at least a period of 4 hours but no more than 12 hours.

Blood Bank:

7:00 a.m. a 5:00 p.m.

Phone. 608 6739

Email. bancodesangre@cruzrojatijuana.org.mx

" Let's all be brothers and sisters "

