



接種疫苗後的暫緩捐血期限

The deferral period for blood donation
after vaccination

如閣下曾接種以下預防疫苗

滅活疫苗/ 重組疫苗：

在接種當日起
暫緩捐血

包括：流行性感冒、子宮頸癌、肺炎鏈球菌、破傷風、甲型肝炎、霍亂、傷寒(注射配方)、白喉、小兒麻痺症(注射配方)、百日咳、帶狀疱疹(蛇針) [Shingrix]、呼吸道合胞病毒 (RSV) 預防疫苗等

1日

乙型肝炎預防疫苗 或 2019冠狀病毒病疫苗

1星期

滅活疫苗：

包括：卡介苗、麻疹、腮腺炎、德國麻疹、黃熱病、小兒麻痺症(口服配方)、傷寒(口服配方)、帶狀疱疹(蛇針) [Zostavax]、水痘、滅活流感疫苗(噴鼻式) 預防疫苗等

4星期

If you had received

Inactivated vaccines/ recombinant vaccines:

Temporarily
deferred for

Include: Influenza, Human Papillomavirus (HPV), Pneumococcal, Tetanus, Hepatitis A, Cholera, Typhoid (injection), Diphtheria, Poliomyelitis (injection), Pertussis, Herpes Zoster (Shingles) - [Shingrix], Respiratory Syncytial Virus (RSV) etc.

1 day

Hepatitis B vaccine or COVID-19 vaccine

1 week

Live attenuated vaccine:

Include: BCG, Measles, Mumps, Rubella, Yellow fever, Poliomyelitis (oral), live attenuated typhoid fever (oral), Herpes zoster (Shingles) - [Zostavax], Varicella zoster (Chicken pox), Intranasal live attenuated flu vaccines etc.

4 weeks



捐血隊長提提您！

如有以下情況，請向當值護士查詢。

常見暫緩捐血原因

近期或正在服用 以下藥物

- 非類固醇鎮痛藥
- 治療前列腺增生的藥物
- 治療暗瘡的藥物
- 治療脫髮的藥物
- 抗生素
- 抗病毒藥物
- 處方中藥

口腔治療/皮膚創傷

一週內 曾接受口腔治療(例如：洗牙、脫牙等)或傷口未痊癒

紋身

三個月內 曾紋身、紋眉、飄眉、霧眉、紋眼線或紋唇

捐血條件

詳情請掃描二維碼
參閱「捐血資訊」



外遊返港

四週內 曾到訪北美洲(美國、加拿大)或受西尼羅河病毒影響的地區

三個月內 曾到訪瘧疾地區

感冒/發燒/腹瀉

兩週內 曾出現病徵或未康復

糖尿病/高血壓/ 高膽固醇

四週內 曾改變藥物種類或劑量

近期曾接種疫苗

請掃描二維碼查看
「暫緩捐血期限」



血液安全

詳情請掃描二維碼
瀏覽相關資訊



捐血前的準備

- ✓ 充足睡眠
- ✓ 4小時內曾進食(避免進食油膩食物)
- ✓ 飲用充足水份
- ✓ 勿穿衣袖太緊的衣服

提提您

記得帶身份證或有效旅行證件
首次捐血人士需介乎**16至65歲**

捐全血必須相隔不少於

成年男士
75日

成年女士
105日

青少年
(16-17歲)
150日



Warm Reminder from Captain Blood

If you encounter the following situation,
please consult our nurse for advice.

Common Deferrals?

Recently taken or currently taking certain medications



- Non-steroidal anti-inflammatory drugs
- Drugs for benign prostatic hypertrophy
- Drugs for acne
- Drugs for hair loss
- Antibiotics or antiviral drugs
- Prescribed herbal medicine

Recently travelled abroad



Travelled to North America (U.S. and Canada) or West Nile virus endemic area
within 4 weeks

Travelled to malaria endemic area
within 3 months

Dental Procedure/ Open wound



Have had dental procedure (e.g. scaling, dental extraction) **within 1 week** or open wound

Flu/Fever/Diarrhea



Have had symptoms **within 2 weeks**
or have not recovered

Tattoos



Have had tattoo, microblading of eyebrows, eyelines or lips **within 3 months**

Diabetes/High blood pressure/ High cholesterol



Changed in medication type or dosage
within 4 weeks

Donation Criteria



Please scan QR code to read
'Blood Donation Info Pack'
for details



Recently received a vaccination



Please scan QR code to check the
'Temporary Deferral Period'



Blood Safety



Please scan QR code to view
the relevant information



Blood donation preparation



- ✓ Adequate sleep
- ✓ Food consumption within 4 hours (Avoid food with high fat content)
- ✓ Drink sufficient water
- ✓ Do not wear clothing with tight sleeves

Reminder



Bring your HKID card or valid travel document



First time blood donor should be aged between 16 and 65

Whole Blood Donation Interval should not be less than:

Adult Male	75 days
Adult Female	105 days
Adolescent (Aged 16 to 17)	150 days