



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：

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

在接種當日起
暫緩捐血

If you had received

Inactivated vaccines/ recombinant vaccines:

Include: Influenza, Human Papillomvirus (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

Temporarily
deferred for

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

FAQs about Blood Donation

1 Can I donate blood after recovering from a cold?

If there is no fever nor having antibiotics or antiviral drugs, donors are allowed to donate blood after clear of disease and off medication after 3 days.

2 Can I donate blood if I have diabetes, high blood pressure, or high cholesterol?

If your disease is now under control with no complication*, you may be accepted for blood donation (except for diabetes patients who inject insulin).

*If you have been taking the same dose of the same medication for 4 weeks or more

3 Can I donate blood after getting an influenza vaccine?

You can donate blood one day after getting an influenza vaccination with no side effects.

4 Can I donate blood after dental scaling and filling?

You can donate blood 24 hours after dental scaling and filling.

5 Can I donate blood after receiving tattoos*, acupuncture, or ear piercing?

*Tattoo includes permanent and semi-permanent cosmetic tattoos, such as microblading of eyebrows, eyelines and lips etc.

Defer blood donation for 3 months. If disposable sterile needles are used for acupuncture or ear piercing, you may be able to donate blood after wound assessment.

6 Can I donate blood if I am taking herbal medicine?

Basically, adding appropriate amount of herbal into your daily diet (e.g. soup or dishes) does not affect blood donation, as long as you are not taking them as a treatment for an illness. If you are taking the herbal medicine as a medical treatment for an illness, you should wait 3 days after completing the course of medication.

7 Can I donate blood if I have recently traveled abroad?

Prospective donors who have been to North America (U.S. and Canada) or West Nile virus endemic area within four weeks before the date of blood donation, irrespective of any clinical symptoms, will be temporarily deferred for 28 days. For more information, please scan the QR code.



8 Can I donate blood if I am taking certain medications?

If you have recently taken or are currently taking non-steroidal anti-inflammatory drugs, drugs for alopecia, drugs for benign prostatic hyperplasia, medication for acne, or antibiotics, please consult with the attending nurse before donation.

9 Can I donate blood if I have been deferred due to the potential risk of mad cow disease?

Yes, starting from 21 Dec 2022, members of the public who had stayed three or more months cumulatively in the United Kingdom between 1980 and 1996; and who had stayed five or more years cumulatively in France or Ireland between 1980 and 2001, will be accepted to donate blood. In other words, members of the public who had previously resided in the abovementioned countries will all be accepted to donate blood in future.

10 Can I donate blood after visit a malaria risk area?

If you have travelled to a malaria risk area, will be temporarily deferred for 3 months. For information on malaria-endemic area, please visit our website.

(Blood donor, who meet certain criteria, you may donate partial blood product within 3 months.)