You must review all of the countries listed below and their criteria to see if they apply to you. Some countries may be listed more than once.

**Do not donate if...**
- You ever received a dura mater (or brain covering) transplant during head or brain surgery.
- You ever received human pituitary growth hormone (brain extract).
- Any blood relative has had Creutzfeldt-Jakob disease.
- You have been told that your family is at risk for Creutzfeldt-Jakob disease.
- You received an injection of bovine (beef) insulin between January 1, 1980, and the present made in any of the countries listed below.

**Do not donate if...**
- You traveled to any country in the United Kingdom: Channel Islands, Isle of Man, Northern Ireland, Scotland, Wales, January 1, 1980 through December 31, 1996.
- You spent a total time that adds up to 3 months or more.
- Do Not Donate

**Do not donate if...**
- You received a blood transfusion in the United Kingdom or France, January 1, 1980 to Present.
- Do Not Donate

**Do not donate if...**
- You were in: Belgium, Germany, Netherlands (Holland), January 1, 1980 through December 31, 1990.
- You were a member of the U.S. Military.
- You were a civilian military employee.
- You were a dependent of a member of the U.S. Military.
- You spent a total time of 6 months or more associated with a military base.
- Do Not Donate

**Do not donate if...**
- You were in: Albania, Austria, Azores, Belgium, Bosnia/Herzegovina, Bulgaria, Canary Islands, Croatia, Czech Republic, Denmark, Finland, France, French Guiana, Germany, Greece, Guadeloupe, Hungary, Ireland (Republic of), Italy, Kosovo, La Reunion, Liechtenstein, Luxembourg, Macedonia, Martinique, Montenegro, Netherlands (Holland), Norway, Poland, Portugal, Romania, Serbia, Slovak Republic, Slovenia, Spain, Spanish North African Territories (Penon de Velez De La Gomera, Penon de Alhucemas, Islas Chafarinas, and the cities of Centa and Melilla), Sweden, Switzerland, Yugoslavia (or the former Federal Republic of Yugoslavia), January 1, 1980 to Present.
- You spent a total time of 5 years or more in Europe, which includes time spent in the United Kingdom, or on military bases as stated above.
- Do Not Donate

If any of these apply to you, your donation cannot be accepted. If you have any questions, please ask us. We sincerely appreciate your support.