Facts about COVID-19 and blood donation: Suggested talking points

- **It is safe to donate blood after getting a COVID-19 vaccine, despite what some vaccine opponents say online.**
  - In a [May 29 statement](#), the American Red Cross confirmed that COVID-19 vaccines don't make you ineligible to donate blood and that it is safe to receive blood from vaccinated people.
  - Potential blood donors are asked whether they've been vaccinated against COVID-19 and for their vaccine's manufacturer because according to Food and Drug Administration guidance, people who have received a COVID-19 vaccine with a live virus must wait two weeks before donating blood—but none of the COVID-19 vaccines approved in the U.S. contain a live virus.
  - If you can't remember your vaccine's manufacturer, as a precaution, you will be asked to wait two weeks from the time of your vaccination to donate blood.
  - If you [received an FDA-approved COVID-19 vaccine](#) from Pfizer, Moderna, Novavax, or Johnson & Johnson, you can donate blood without needing to wait if you're feeling well and don't have any symptoms.

- **The questions for blood donors don't mean that COVID-19 vaccines (or any other vaccine) are unsafe.**
  - Questions about your vaccination status before donating are standard and have nothing to do with the safety of vaccines. Blood donation organizations want to know whether you received a vaccine with a live virus because there is a risk that the live weakened virus contained in some vaccines could be passed through the blood.
  - Potential donors who have received vaccines that contain live viruses—such as the yellow fever, polio, or chickenpox vaccines—[are asked to wait](#) before donating blood.
  - The waiting period for those vaccines doesn't mean that they're unsafe; it is just a precaution. Like the COVID-19 vaccines, these vaccines have saved millions of lives and are safe.

- **Blood donation saves lives and is especially needed right now.**
  - In January, the Red Cross said there was an [emergency blood shortage](#) in the U.S. and that the number of donors hit a 20-year low.
  - The organization added that "all blood donations offer the same life-saving therapeutic benefits, regardless of the vaccination status of the donor."
  - Encourage the people in your community to donate if they can. Check out the [Red Cross](#) website for donor eligibility requirements and to find a local blood drive.

Facts about COVID-19 and blood donation: Frequently asked questions

1. **Is it safe to donate blood after receiving a COVID-19 vaccine?**

Yes. Despite what some recent social media posts have falsely claimed, it is safe to donate blood after getting a COVID-19 vaccine. In a May 29 statement, the American Red Cross confirmed that COVID-19 vaccines don't make you ineligible to donate blood and that vaccinated people's blood donations are safe.

Potential donors are asked whether they've been vaccinated against COVID-19 and for their vaccine's manufacturer because according to Food and Drug Administration guidance, people who have received a COVID-19 vaccine with a live virus should wait two weeks before donating—but none of the COVID-19 vaccines approved in the U.S. contain a live virus. Additionally, as several organizations have confirmed, receiving a blood transfusion from a donor who's vaccinated against COVID-19 is safe, can't change a recipient's DNA, and can't lead to a COVID-19 infection.

2. **Why are potential blood donors asked about COVID-19 vaccination status?**

The questions are standard and have nothing to do with the safety of vaccines. Because of the FDA's requirements, blood donation organizations want to know whether you received a vaccine with a live virus because there is a risk that the live weakened virus contained in some vaccines could be passed through the blood.

The waiting period for those vaccines doesn't mean they're unsafe: It just means that people should wait—typically, two to eight weeks—as a precaution.

3. **Why is it important to donate blood right now?**

Earlier this year, the Red Cross said there's an emergency blood shortage in the U.S. and that the number of blood donors reached a 20-year low. Blood donation saves lives, and according to several blood donation organizations, everyone "should feel confident that receiving a blood transfusion is safe. COVID-19 vaccines do not replicate, and all blood donations offer the same life-saving therapeutic benefits, regardless of the vaccination status of the donor."