

# Find Out if You Can Give Plasma

## Requirements to keep the supply safe

To make sure donors and patients are safe, there are some requirements donors must meet. Generally, donors should:

- Be at least 18 years old
- Weigh at least 110 pounds
- Be in good health

## What to know if you're giving plasma for the first time

When you give plasma for the first time, you will complete an extensive medical history screening and a doctor will give you a physical exam. During the exam, and before all future plasma donations, you will also have to test negative for certain viruses, including hepatitis and HIV.



**Find a donation center near you and make an appointment to save a life today.**  
Visit [hhs.gov/giveplasma/locator](https://hhs.gov/giveplasma/locator).

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**Before my plasma treatments, I couldn't even brush my hair. Now I can take care of myself and my children again.”**

**—Crystal**