

## BLOOD DONATION AND TRAVEL

Visiting or travelling to different regions of the world may make you unsuitable to donate blood for a period of time. This is because some infections caught abroad can be transmitted through blood transfusion. To protect patients who receive blood transfusion in Singapore, our blood donation screening process includes checking of your travel details and time spent outside Singapore.

If you have visited a country with a travel risk and planning to donate blood, please call us:

Bloodbank@Outram - 62130626

Bloodbank@Dhoby Ghaut - 63335532

Bloodbank@Woodlands - 67660576

Bloodbank@West Gate - 67107548

Our medical staff will inform you if the city or specific area in the country that you have visited is affected (or not) and they will be able to advise you when can you come back to continue donating blood.

Information on malaria endemic areas can be found in the CDC website.

Country / Region	TRAVEL RISK		
	Malaria	Chagas	West Nile Virus
Afghanistan	YES	NO	NO
Albania	NO	NO	YES
Algeria	YES	NO	NO
American Samoa (U.S.)	NO	NO	NO
Andorra	NO	NO	NO
Angola	YES	NO	NO
Anguilla (U.K.)	NO	NO	NO
Antarctica	NO	NO	NO
Antigua and Barbuda	NO	NO	NO
Argentina	NO	YES	NO
Armenia	NO	NO	NO
Aruba	NO	NO	NO
Australia	NO	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Austria	NO	NO	YES
Azerbaijan	YES	NO	NO
Azores (Portugal)	NO	NO	NO
Bahamas, The	NO	NO	NO
Bahrain	NO	NO	NO
Bangladesh	YES	NO	NO
Barbados	NO	NO	NO
Belarus	NO	NO	NO
Belgium	NO	NO	NO
Belize	YES	YES	NO
Benin	YES	NO	NO
Bermuda (U.K.)	NO	NO	NO
Bhutan	YES	NO	NO
Bolivia	YES	YES	NO
Bosnia and Herzegovina	NO	NO	YES
Botswana	YES	NO	NO
Brazil	YES	YES	NO
British Indian Ocean Territory; Includes Diego Garcia (U.K.)	NO	NO	NO
Brunei	NO	NO	NO
Bulgaria	NO	NO	YES
Burkina Faso	YES	NO	NO
Burma (Myanmar)	YES	NO	NO
Burundi	YES	NO	NO
Cambodia	YES	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Cameroon	YES	NO	NO
Canada	NO	NO	YES
Canary Islands (Spain)	NO	NO	NO
Cape Verde	YES	NO	NO
Cayman Islands (U.K.)	NO	NO	NO
Central African Republic	YES	NO	NO
Chad	YES	NO	NO
Chile	NO	YES	NO
China	YES	NO	NO
Christmas Island (Australia)	NO	NO	NO
Cocos (Keeling) Islands (Australia)	NO	NO	NO
Colombia	YES	YES	NO
Comoros	YES	NO	NO
Congo, Republic of the (Congo-Brazzaville)	YES	NO	NO
Cook Islands (New Zealand)	NO	NO	NO
Costa Rica	NO	YES	NO
Côte d'Ivoire	YES	NO	NO
Croatia	NO	NO	YES
Cuba	NO	NO	NO
Curacao <sup>3</sup>	NO	NO	NO
Cyprus	NO	NO	NO
Czech Republic	NO	NO	NO
Democratic Republic of the Congo(Congo-Kinshasa)	YES	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Denmark	NO	NO	NO
Djibouti	YES	NO	NO
Dominica	NO	NO	NO
Dominican Republic	YES	NO	NO
Easter Island (Chile)	NO	NO	NO
Ecuador; Including the Galápagos Islands	YES	YES	NO
Egypt	NO	NO	NO
El Salvador	YES	YES	NO
Equatorial Guinea	YES	NO	NO
Eritrea	YES	NO	NO
Estonia	NO	NO	NO
Ethiopia	YES	NO	NO
Falkland [Las Islas Malvinas], South Georgia & South Sandwich Islands (U.K.)	NO	NO	NO
Faroe Islands (Denmark)	NO	NO	NO
Fiji	NO	NO	NO
Finland	NO	NO	NO
France	NO	NO	NO
French Guiana	YES	NO	NO
French Polynesia, includes the island groups of Society Islands (Tahiti, Moorea, and Bora-Bora); Marquesas Islands (Hiva Oa and Ua Huka); and Austral Islands (Tubuai and Rurutu)	NO	NO	NO
Gabon	YES	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Gambia, The	YES	NO	NO
Georgia	NO	NO	NO
Germany	NO	NO	NO
Ghana	YES	NO	NO
Gibraltar (U.K.)	NO	NO	NO
Greece	NO	NO	YES
Greenland (Denmark)	NO	NO	NO
Grenada	NO	NO	NO
Guadeloupe, including St. Barthélemy and Saint Martin (France)	NO	NO	NO
Guam (U.S.)	NO	NO	NO
Guatemala	YES	YES	NO
Guinea	YES	NO	NO
Guinea-Bissau	YES	NO	NO
Guyana	YES	YES	NO
Haiti	YES	NO	NO
Honduras	YES	YES	NO
Hong Kong (China)	NO	NO	NO
Hungary	NO	NO	YES
Iceland	NO	NO	NO
India	YES	NO	NO
Indonesia	YES	NO	NO
Iran	YES	NO	NO
Iraq	NO	NO	NO
Ireland	NO	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Israel	NO	NO	YES
Italy including Holy See (Vatican City)	NO	NO	YES
Jamaica	NO	NO	NO
Japan	NO	NO	NO
Jordan	NO	NO	NO
Kazakhstan	NO	NO	NO
Kenya	YES	NO	NO
Kiribati (formerly Gilbert Islands), includes Tarawa, Tabuaeran (Fanning Island), and Banaba (Ocean Island)	NO	NO	NO
Kosovo	NO	NO	YES
Kuwait	NO	NO	NO
Kyrgyzstan	NO	NO	NO
Laos	YES	NO	NO
Latvia	NO	NO	NO
Lebanon	NO	NO	NO
Lesotho	NO	NO	NO
Liberia	YES	NO	NO
Libya	NO	NO	NO
Liechtenstein	NO	NO	NO
Lithuania	NO	NO	NO
Luxembourg	NO	NO	NO
Macau SAR (China)	NO	NO	NO
Macedonia	NO	NO	YES
Madagascar	YES	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Maderia Islands (Portugal)	NO	NO	NO
Malawi	YES	NO	NO
Malaysia	YES	NO	NO
Maldives	NO	NO	NO
Mali	YES	NO	NO
Malta	NO	NO	NO
Marshall Islands	NO	NO	NO
Martinique (France)	NO	NO	NO
Mauritania	YES	NO	NO
Mauritius	NO	NO	NO
Mayotte (France)	YES	NO	NO
Mexico	YES	YES	NO
Micronesia, Federated States of; Includes: Yap Islands, Pohnpei, and Chuuk, and Kosrae	NO	NO	NO
Moldova	NO	NO	NO
Monaco	NO	NO	NO
Mongolia	NO	NO	NO
Montenegro	NO	NO	YES
Montserrat (U.K.)	NO	NO	NO
Morocco	NO	NO	NO
Mozambique	YES	NO	NO
Namibia	YES	NO	NO
Nauru	NO	NO	NO
Nepal	YES	NO	NO
Netherlands	NO	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Netherlands Antilles (Bonaire, Curaçao, Saba, St. Eustasius, and St. Martin)	NO	NO	NO
New Caledonia (France)	NO	NO	NO
New Zealand	NO	NO	NO
Nicaragua	YES	YES	NO
Niger	YES	NO	NO
Nigeria	YES	NO	NO
Niue (New Zealand)	NO	NO	NO
Norfolk Island (Australia)	NO	NO	NO
North Korea	YES	NO	NO
Northern Mariana Islands (US) Includes Saipan, Tinian, and Rota Island	NO	NO	NO
Norway	NO	NO	NO
Oman	YES	NO	NO
Pakistan	YES	NO	NO
Palau	NO	NO	NO
Panama	YES	YES	NO
Papua New Guinea	YES	NO	NO
Paraguay	YES	YES	NO
Peru	YES	YES	NO
Philippines	YES	NO	NO
Pitcairn Islands (U.K.)	NO	NO	NO
Poland	NO	NO	NO
Portugal	NO	NO	NO
Puerto Rico (U.S.)	NO	NO	NO



<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Qatar	NO	NO	NO
Réunion (France)	NO	NO	NO
Romania	NO	NO	YES
Russia	NO	NO	YES
Rwanda	YES	NO	NO
Saint Helena (U.K.)	NO	NO	NO
Saint Kitts (Saint Christopher) and Nevis (U.K.)	NO	NO	NO
Saint Lucia	NO	NO	NO
Saint Martin <sup>3</sup>	NO	NO	NO
Saint Pierre and Miquelon (France)	NO	NO	YES
Saint Vincent and the Grenadines	NO	NO	NO
Samoa (Formerly Western Samoa)	NO	NO	NO
San Marino	NO	NO	NO
São Tomé and Príncipe	YES	NO	NO
Saudi Arabia	YES	NO	NO
Senegal	YES	NO	NO
Serbia	NO	NO	YES
Seychelles	NO	NO	NO
Sierra Leone	YES	NO	NO
Singapore	NO	NO	NO
Slovakia	NO	NO	NO
Slovenia	NO	NO	NO
Solomon Islands	YES	NO	NO

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Somalia	YES	NO	NO
South Africa	YES	NO	NO
South Georgia and the South Sandwich Islands	NO	NO	NO
South Korea	YES	NO	NO
South Sudan, Republic of	YES	NO	NO
Spain	NO	NO	NO
Sri Lanka	NO	NO	NO
Sudan	YES	NO	NO
Suriname	YES	YES	NO
Swaziland	YES	NO	NO
Sweden	NO	NO	NO
Switzerland	NO	NO	NO
Syria	NO	NO	NO
Taiwan	NO	NO	NO
Tajikistan	YES	NO	NO
Tanzania	YES	NO	NO
Thailand	YES	NO	NO
Timor-Leste (East Timor)	YES	NO	NO
Togo	YES	NO	NO
Tokelau (New Zealand)	NO	NO	NO
Tonga	NO	NO	NO
Trinidad and Tobago	NO	NO	NO
Tunisia	NO	NO	YES
Turkey	YES	NO	YES

<b>Country / Region</b>	<b>Malaria</b>	<b>Chagas</b>	<b>West Nile Virus</b>
Turkmenistan	NO	NO	NO
Turks and Caicos Islands (U.K.)	NO	NO	NO
Tuvalu	NO	NO	NO
Uganda	YES	NO	NO
Ukraine	NO	NO	NO
United Arab Emirates	NO	NO	NO
United Kingdom (with Channel Islands and Isle of Man)	NO	NO	NO
United States	NO	NO	YES
Uruguay	NO	YES	NO
Uzbekistan	NO	NO	NO
Vanuatu	YES	NO	NO
Venezuela	YES	YES	NO
Vietnam	YES	NO	NO
Virgin Islands British	NO	NO	NO
Virgin Islands, U.S.	NO	NO	NO
Wake Island, US	NO	NO	NO
Wallis and Futuna Islands (France)	NO	NO	NO
West Bank (includes Palestinian Territories)	NO	NO	YES
Western Sahara	YES	NO	NO
Yemen	YES	NO	NO
Zambia	YES	NO	NO
Zimbabwe	YES	NO	NO

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