

Zika Infection Self-Deferral Information

Thank you for coming to donate blood today.

If you have been infected by the Zika virus or have travelled to the following countries in the last 28 days, we are asking you not to donate today:

North & Central America

Anguilla
Antigua and Barbuda
Aruba
The Bahamas
Barbados
Belize
Bonaire
British Virgin Islands
Cayman Islands
Commonwealth of Puerto Rico
Costa Rica
Cuba
Curacao
Dominica
Dominican Republic

El Salvador
Florida, USA
Grenada
Guadeloupe
Guatemala
Haiti
Honduras
Jamaica
Martinique
Montserrat
Mexico
Nicaragua
Panama
Saba
Saint Barthélemy
Saint Kitts & Nevis
Saint Lucia

Saint Martin
Saint Vincent and the Grenadines
Sint Eustasius
Sint Maarten
Turks and Caicos
Trinidad and Tobago
US Virgin Islands

South America

All countries
(Excluding Chile and Uruguay)

Asia:

Maldives
Singapore

Oceania/Pacific:

American Samoa
Fiji
Kosrae, Federated States of Micronesia
Marshall Islands
New Caledonia
Palau
Papua New Guinea
Samoa
Solomon Islands
Tonga

Africa:

Angola
Cape Verde
Guinea-Bissau

You will be able to donate again 28 days or more after your return to South Africa.

If you had sex with a partner who, in the 3 months prior to your sexual contact, has had a Zika virus infection or has travelled to or resided in an area with active Zika virus transmissions (see country list above), please return for your donation more than 4 weeks after the last sexual contact.

We are doing this for the following reasons:

- There is an outbreak of Zika virus disease in the above-mentioned countries, which is spreading rapidly.
- Zika virus infection is spread by mosquitoes and is mild in most people, but there is concern that Zika is causing serious brain injury to babies whose mothers have been infected during pregnancy, and an increase in cases of Guillain-Barre Syndrome, a temporary but serious disorder causing paralysis.
- The Zika virus can be in the blood of an infected person who has no symptoms of illness. Up to 80% of infected people may have no symptoms at all.
- There is concern that the Zika virus can be transmitted by blood.

Countries affected by the Zika Disease:



Content based on:
The American Association of Blood Banks Bulletin #16-09
Centers for Disease Control and Prevention (Sep 2016),
Food and Drug Administration (Aug 2016),
National Institute for Communicable Diseases (Aug 2016)
Center for Disease Control and Prevention (Travel Notices - 10.03.17)

For further information speak to the Professional Nurse at your donation clinic.

PBR29 (26 May 17)

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SMS 'blood' to 33507 and we'll call back (R1.50 per SMS)

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