

MGH COVID-19 Household Contacts at Risk (CAR) Study

A video version of these instructions can be viewed at: <https://youtu.be/9dkW6gTm8FQ>

The kit we mailed to you should contain a set of the following materials for each person in the study:

Figure 1

Materials shown in Figure 1.

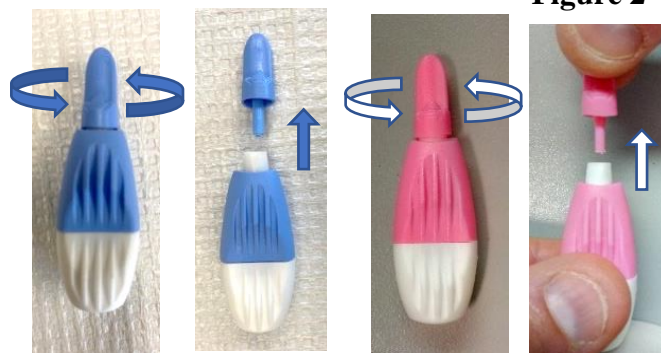
1. Two safety lancets, either pink (for age 13 and under) or blue (for age 14 and up) (a).
2. One foil pouch (b) containing desiccant and a blood collection card (shown removed from foil pouch [c]).
3. Two alcohol prep pads (d).
4. Two finger bandages (e).
5. Two sterile gauze pads (f).
6. One zip-lock plastic specimen bag (g).
7. One pre-addressed, return mailer with a copy of your household study ID inside (not shown).



Instructions for blood sample collection:

1. Clean a space at a table or counter to work at, then remove and arrange all materials from the kit (Figure 1).
2. Remove the safety cover from one lancet by twisting the cap a full turn until the cover loosens and slides out. Set aside. (Figure 2).

Figure 2



14 years old and up use blue safety lancet

13 years old and under use pink safety lancet

3. Open the foil pouch and place the blood collection card on your work surface. Fold back the flap to expose the collection area shown with five (5) dotted circles (Figure 3).
4. Write your first and last name and today's date on the card in pen, using a month/day/year format (e.g. 7/12/20).
5. Unwrap one alcohol prep pad, one sterile gauze pad, and one bandage. Place them on your work surface (Figure 3).
6. We recommend that you select the middle or the ring finger of your non-dominant hand (i.e. the hand you don't use to write with) for the site of your finger stick (Figure 4).
7. A warm hand is important for good blood flow. Walk around the room to warm up and/or run your hands under warm water for a minute. Then hang your hands at your side and shake them back and forth for about 15 seconds.
8. Use the alcohol prep pad to clean the area that will be used for the finger stick. The ideal site for the finger stick is on the fleshy pad towards the side of the fingertip (see X marks in Figure 4).

Figure 3

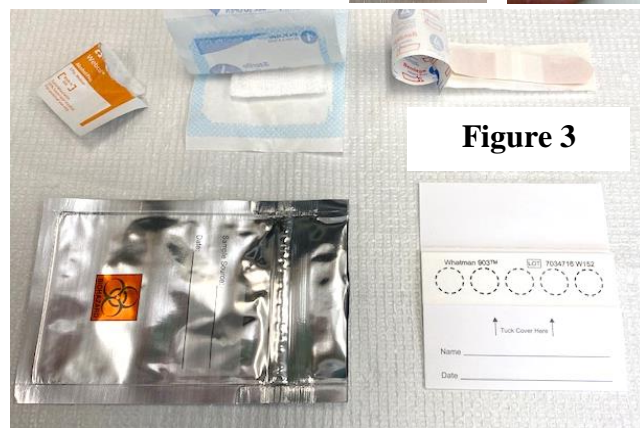
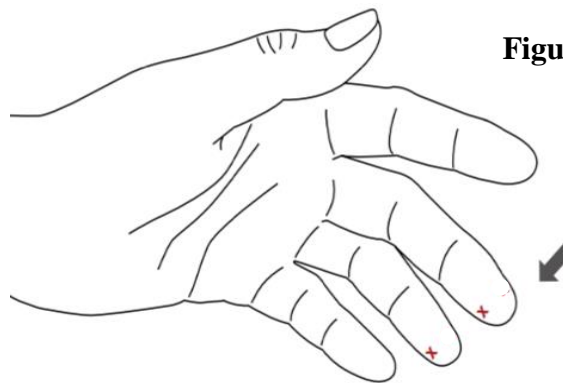


Figure 4



9. Rest your hand on a table or hard surface in a comfortable position. Prick your finger by placing the open white end of the lancet on your finger and push down firmly until a click is heard. You may feel a pinch. A small drop of blood should start to form (Figure 5).

10. Hold your finger so that blood collects on the underside of the fingertip. Massage from the palm of your hand to the fingertip and apply gentle pressure near the puncture site to help drops of blood form. If the blood flow stops, wipe with sterile gauze again to restart flow (Figure 6).

11. Apply one (1) drop of blood to the center of the first circle on the card. Allow the blood droplet to fall directly into the center and spread to the edges of the circle before moving to the next circle.

12. Continue until all 5 spots have been filled (Figure 7).

13. Wipe your finger with gauze and apply a band-aid.

14. Fold the flap of the card behind the card and wait for 30 minutes for blood to dry (Figure 8).

15. Fold the flap of the card back over front to cover the blood. Tuck the flap under the name flap. **Place the card and desiccant packet back into the foil pouch and seal** (Figure 9).

16. **Write your name and the date you collected the blood on the outside of the foil pouch**, then continue to collect samples from all participating members of your household.

17. Once you have collected blood samples from all your participating household members, place them in the clear plastic biohazard bag the kit materials came in.

18. Proceed to the packing and shipping instructions.

Thanks again for participating in the CAR study!!

If you have any questions after reading the steps and watching the video, call or email Elizabeth Oliver at 617-643-3677 or carstudy@mgh.harvard.edu.

Figure 5

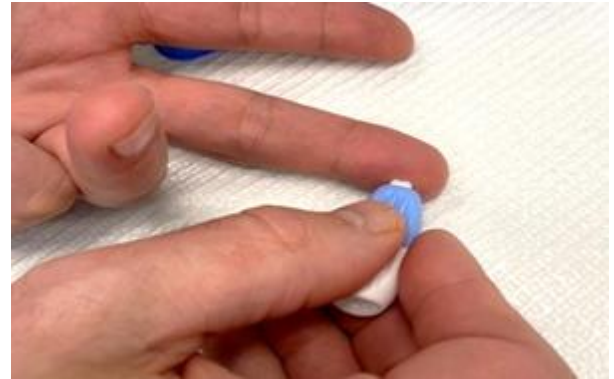


Figure 6

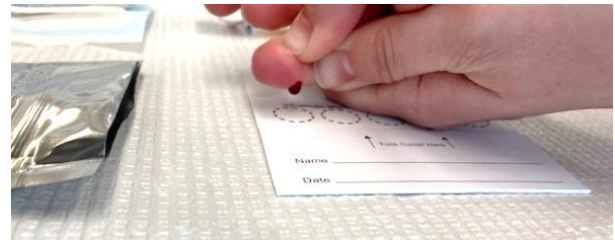


Figure 7



Figure 8



Figure 9

