

MGH COVID-19 Household Contacts at Risk (CAR) Study **Blood Collection Instructions**

Watch our blood collection instructional video:



Sample Kit Contents:

- 2 Alcohol prep pads
- 2 Lancets (**PINK** for ages 13 and under, **BLUE** for ages 14 and up)
- 1 Blood Collection Card inside a foil bag along with a desiccant pouch
- 2 Bandages
- 2 Sterile gauze pads
- 1 Plastic specimen bag
- 1 Prepaid and addressed return mailer
- 1 Household study ID (taped inside the mailer)

Collection Instructions:

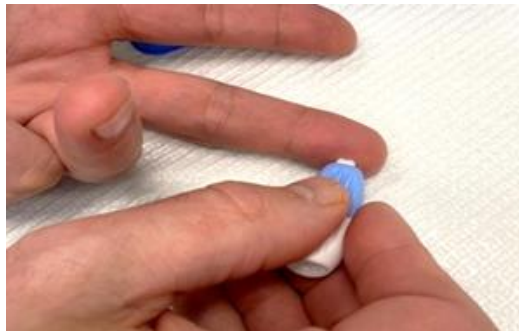
PLEASE FOLLOW INSTRUCTIONS CAREFULLY

PREPARATION

1. Open the foil pouch and unfold the cover of the Blood Collection Card to expose five dotted circles.
2. **DO NOT THROW AWAY THE FOIL BAG OR DESICCANT POUCH.**
3. Write your full name and the date on the Blood Collection Card.
4. Prepare an alcohol prep pad, a sterile gauze pad, and a bandage so they will be easy to use when needed.

COLLECTION

1. Wash hands thoroughly with soap and warm water, then dry hands.
 - ❖ **Warm up your hands for improved blood flow.**
2. Use the provided alcohol prep pad to clean the tip of the finger (ring finger or middle finger).
3. Twist off the **PINK** or **BLUE** tab to prepare the lancet.
4. Position the lancet against the fleshy pad toward the side of the fingertip. Press down firmly until a click is heard.

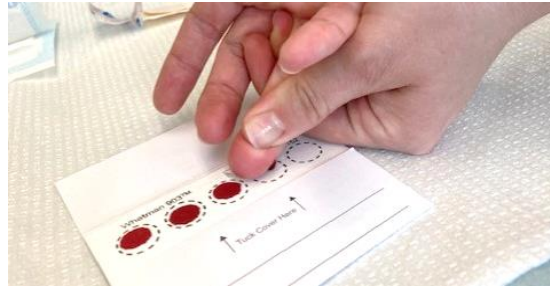


5. Gently press the pricked finger from above the puncture site to allow for a large drop of blood to form.



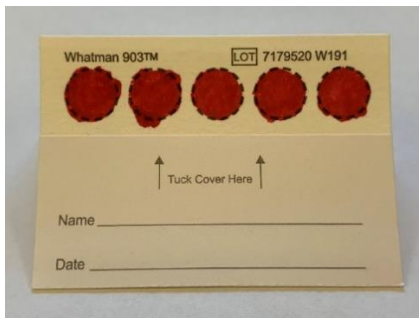
6. Apply the blood drops within each circle on the Blood Collection Card.

- ❖ **IMPORTANT: the circles should be filled to the edges with blood. Please fill one circle before moving on to the next. If you have trouble getting enough blood, please FULLY fill as many circles as you can.**

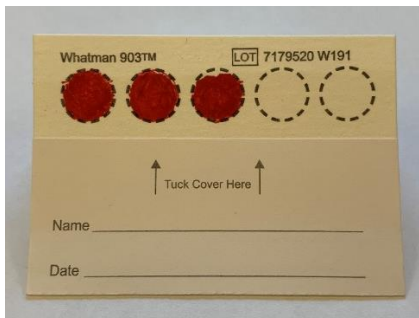


7. When done, wipe your finger with gauze and apply the bandage.

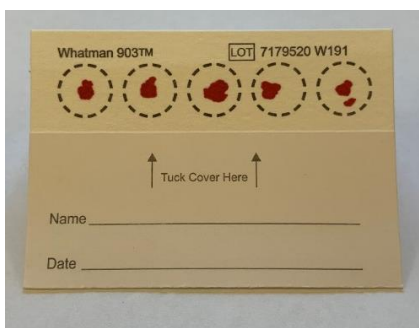
SPOT CHECK



All five circles filled.



If you are having trouble getting full drops of blood, fill in two to three circles completely.



Avoid small amounts of blood spotted in all five circles. It's better to fill the first circle completely before moving to the next one.

DRYING & PACKAGING

1. Prop the card up and let air dry for at least 30 minutes.



2. Once dried, fold the flap over the front of the card to cover the blood spots. Tuck the flap under where indicated on the card.
3. Insert the Blood Collection Card **AND** desiccant back into the foil bag and seal tightly.



4. Write your name and the date on the outside of the foil pouch.
5. Place your foil pouch and the samples from your household members into the plastic specimen bag together.

SHIPPING

1. Place the sealed plastic specimen bag with all household samples into the prepared return mailer and seal.
2. Place the mailer in a blue mailbox on the street or provide to your mail carrier within 24 hours of collecting the samples.

Please remember to have everyone in your household complete their electronic survey on the same day as collecting the samples.