

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

## Instructions for packing and returning samples to MGH

1. Place all collected samples (ie dried blood collection cards and tubes of saliva if applicable) from your household into the provided plastic specimen bag. Please make sure that each dried blood collection card is sealed in its foil pouch with the bag of desiccant.
2. Remove excess air from the bag, then close it and seal it well.
3. Place the sealed plastic bag into the pre-addressed and pre-paid return shipper included in your kit (see example picture below – your return shipper may look different).
4. Make sure the return package also contains the card with your household study ID and the names of all household participants before closing and sealing.
5. Please mail this back to us within **one day** of collecting your sample(s). You can place it in a blue mailbox on the street or provide it directly to your mail carrier.

**Please remember to have everyone in your household complete their electronic survey on the same day as collecting the sample(s).**



**Thank you again for your participation in the CAR study!**

If you have any questions or concerns, please contact:

Elizabeth Oliver  
Research Study Nurse  
617-643-3677

[carstudy@mg.harvard.edu](mailto:carstudy@mg.harvard.edu)