

COVID-19 Cohort Study for Teachers & Education Workers (CCS-2)

Dried blood spot collection instructions

1. Place all kit contents on a clean dry surface. Write the date on the protein saver card (under the study ID)
2. Wash your hands with warm water and soap for 20 seconds. If you have cold hands, soak them in warm water to help the blood flow
3. Sit comfortably and open the protein saver card (Figure 1). Fold the flap out of your way.
4. Wipe the 3rd or 4th finger of your non-dominant hand with the alcohol wipe and allow to air dry.
If you have circulation problems or an injury on your non-dominant hand, collect the sample from your other hand
5. Twist the cap of the lancet to remove it (Figure 2). You will *not* see the needle.
6. Lay the back of your hand on a solid surface. Position the lancet over your cleansed fingertip. Press firmly to your finger to activate it. It is most successful when the lancet is placed to the side of your finger pad, away from calluses (Figure 3)
7. Wipe away the first drop of blood with a tissue (Figure 4)
8. Hold your finger over the card and massage down from your palm to the tip of your finger. This will stimulate blood flow. Allow a large drop of blood to form (enough to *almost* fall off finger – be patient).
9. Touch the blood drop only (not your finger itself) to the card (Figure 5)
10. Place one large drop of blood in each circle (Figure 6). If it does not fill the circle, place another drop *beside* the first (not on top of it). The goal is to fill all 5 circles, but fewer *full* circles are better than more unfilled ones
11. If your finger is still bleeding, apply firm pressure with gauze until it has stopped and apply a bandage
12. Recap the lancet and dispose in a plastic bag in the regular garbage
13. Place the protein saver card on a flat dry surface away from direct sunlight. Wait for the blood spots to completely dry (at least 3 hours). Spots will turn brown
14. Once dry, fold the flap back over the blood spots and put the card in the small brown envelope
15. Place the envelope in the plastic zip-lock bag with the humidity card and desiccant
16. Put the plastic bag in the stamped, pre-addressed envelope and seal. Do *not* write your name or address on the envelope.
17. Mail the pre-addressed envelope to the study lab using Canada Post

Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6



If you have questions about collecting the blood sample call the study office: **416-294-6383** or 1-888-307-3357 if long distance charges apply - weekdays 8am-6pm