

COVID-19 Cohort Study (CCS)

Dried blood spot collection instructions

1. Select the protein card with your nickname.
2. Place all kit contents on a clean dry surface. Write the date on the protein saver card.
3. 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.
4. Sit comfortably and open the protein saver card (Figure 1). Fold the flap out of your way.
5. 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*
6. Twist the cap of the lancet to remove it (Figure 2). You will *not* see the needle.
7. 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 is most successful when the lancet is placed to the side of your finger pad, away from calluses* (Figure 3)
8. Wipe away the first drop of blood with a tissue.
9. Hold your finger over the card. *Take advantage of gravity: place the card lower than your elbow.* If necessary, massage down from your palm to the tip of your finger to stimulate blood flow.

Figure 1



Figure 2

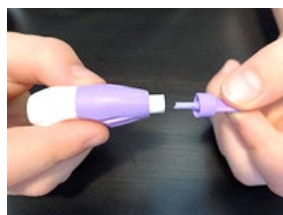
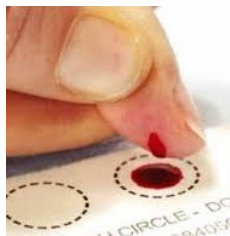


Figure 3



Figure 4



10. Allow a large drop of blood to form (enough to *almost* fall off finger – be patient). Touch the blood drop only (not your finger itself) to the card (Figure 4).
11. Place one large drop of blood in each circle (Figure 5). If it does not fill the circle, place another drop *beside* the first (not on top of it). Then move to the next circle. *The goal is to fill all 5 circles. It is sometimes necessary to prick a second finger. If you are having problems; we need at least 3 mostly-filled circles to do the tests*
12. If your finger is still bleeding, apply firm pressure with gauze until it has stopped and apply a bandage
13. Dispose of the lancet in a plastic bag in the regular garbage
14. 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 but not more than 24 hours*). Spots will turn brown.
15. Once dry, fold the flap back over the blood spots and put the card in the clear plastic bag with the silica gel packages (Figure 6). *Put each card in its own clear plastic bag so they don't contaminate one another*
16. Put the clear plastic bag in the pre-addressed envelope and seal. Mail the sample to the study lab as soon as possible after collecting it (*to ensure the sample is fresh enough to provide accurate results*)

If you have questions about when or how to collect the blood sample call the study office: 416-294-6383 (or 888-307-3357 if long distance) -weekdays 8am-6pm Eastern time

Figure 5



Figure 6

