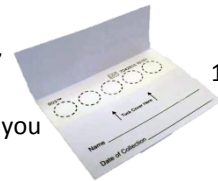
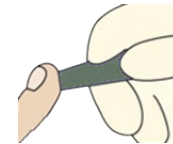


1. Watch the short video demonstrating the blood spot collection procedure at: [www.abcstudy.ca/participants](http://www.abcstudy.ca/participants)
2. Read and complete the **Consent Form online** using the Personal Code on the consent card.
3. Keep the consent card with your Personal Code in a safe location.
4. **Lay out all the items** in the package on a clean, flat surface, away from anyone else (e.g. kids).  
2 alcohol wipes, 1 packet sterile gauze, 2 small bandages, 2 lancets, 1 blood spot card, 1 plastic zip-lock pouch, 1 plastic return envelope, 1 instruction manual, 1 consent card, 1 participant information sheet.

5. Open the packets containing the alcohol wipe, the sterile gauze, and the small bandage.
6. Open the cover of the blood spot card so that you can see the five circles.
7. Decide which fingertip you will use to obtain a few drops of blood. **It is preferable to use the side of your finger just below the tip rather than the very end.**
8. Wash your hands with soap and **warm** water, particularly the “chosen” finger.



9. Take 1 of the lancets and carefully remove the protective cap by twisting and pulling it away from the body of the lancet. Carefully set it down.
10. **To increase blood flow to your fingers and hand**, soak your fingers in hot water for 20-30 seconds. Rub your hands and fingers (in the direction away from your body) to increase blood to the fingertip.
11. Dry your hand and immediately wipe the tip of the finger with the alcohol wipe. Shake your hand for 3 seconds to dry the alcohol.
12. Position the tip of the lancet (the end with a little hole) against your fingertip.
13. Push the top of lancet against your fingertip firmly. You will hear a click and feel a little pain. Withdraw the lancet and set it aside. The needle disappears so it is safe.
14. Let a blood drop form and then lightly touch the drop to the center of the 1<sup>st</sup> of the 5 spots on the blood spot card. Touch lightly, allowing blood to flow onto the paper. Hold this position until blood fills as much of the circle as possible, but not beyond.



15. Move your finger to the next circle and repeat the previous step. Continue to fill all 5 circles (or as many as you can). If blood stops flowing before 2 circles are filled, you can use the second lancet to prick a different finger.
16. When completed, wipe your finger with the gauze and apply the bandage.
17. **Drying the blood spot properly is important.** Lay the card face up on a clean surface for at least 2 hours to allow the blood to dry. Keep it in a place where it will not be disturbed.
18. After 2 hours, close the cover flap of the blood spot card and place it into the plastic pouch. Seal the pouch by firmly pressing back and forth along the zip-seal. The silica gel inside the pouch will keep it dry if it is well sealed.
19. Place the sealed pouch into the pre-paid plastic return envelope. **Mail it within 24 hours.**
20. Discard used materials and unused lancet in the regular trash.



**THANK YOU FOR YOUR IMPORTANT CONTRIBUTION TO HELP FIGHT COVID-19!**

### Dried Blood Spot Kit Contents:



2 alcohol wipes



1 packet sterile gauze



2 small bandages



2 lancets



1 blood spot card



1 plastic zip-lock pouch



1 plastic return envelope

**Please Read the instructions carefully**



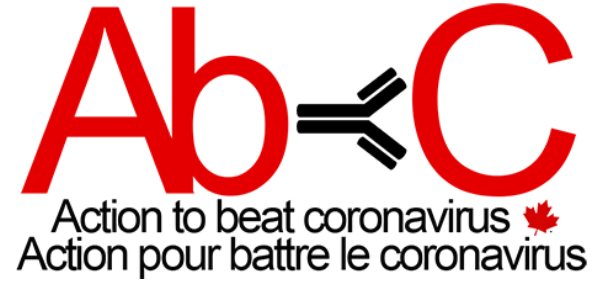
If you have any questions or concerns,  
please contact us

**1-833-TEST-ABC (1-833-837-8222)**

[abcstudy@unityhealth.to](mailto:abcstudy@unityhealth.to)

SEE OUR VIDEO INSTRUCTIONS

[abcstudy.ca](http://abcstudy.ca)



**Dried Blood Spot Sample  
Collection Kit**

**INSTRUCTION  
MANUAL**