

COVID-19 Infection Survey

Important Instructions

How to take your capillary blood sample

Please ensure you have read all instructions before your visit so that you are fully prepared.

To watch a video that shows how to take your blood with a finger prick test, see www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/video-guides

Your study worker will either provide you with the blood sampling kit when they arrive to carry out your visit or this will be posted to you before your visit. If you get your kit through the post, **please do not use it before the study worker arrives on the day.**

This kit may be used **only by adults aged 16 years and over.**

Please ensure you are seated in a safe and stable seating area (not a stool) throughout the process. **If you start to feel unwell, stop immediately.** Lie down on the floor until you feel better and do not try to complete the test. Just let your study worker know.

This is a blood sampling kit for personal, single use only. Do not re-use the lancet and do not share with other members of your household.

The barcodes found in your sample pack are unique to you, so it's vital that you don't get them mixed up with anybody else's. It is the only way to track your result back to you.

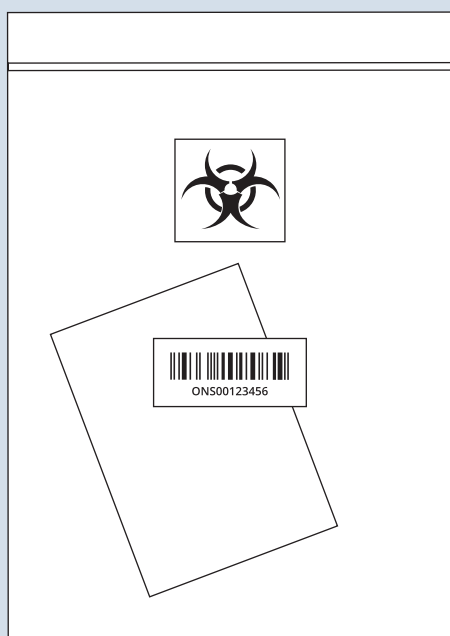
It is important you fill the sample test tube to the top line. It is not possible to analyse blood samples that contain less than the required amount of blood.

Do not take your blood sample immediately after strenuous physical activity.



If you have symptoms of COVID-19 and require immediate testing and results, **follow the usual advice to get a swab test in your area.**

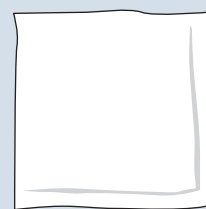
Your sample pack contents:



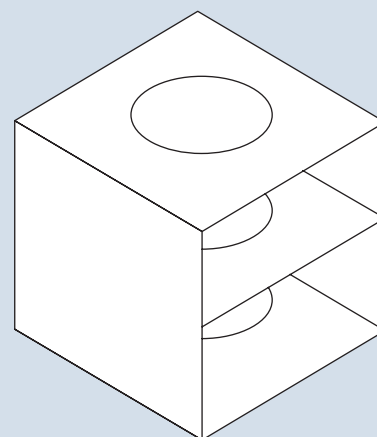
1x re-sealable biohazard bag with barcode and absorbent pad inside
(please do not remove the pad)



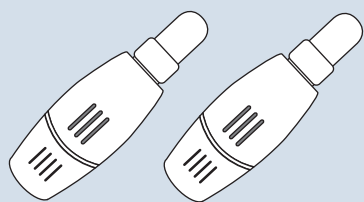
1x large sample carrier tube with barcode



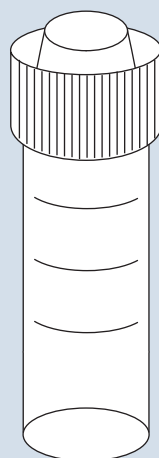
1x alcohol swab



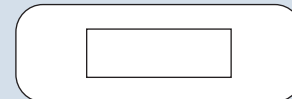
1x tube holder



2x lancets



1x small sample test tube



1x plaster

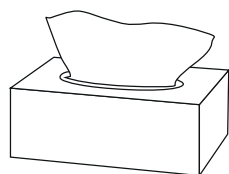
Before you start:

- 1 To make sample collection as easy as possible, please ensure you are well hydrated. Drink at least two large glasses of water 30 minutes before your appointment if you can.
- 2 Soak your hands in warm water for 2-3 minutes just before your appointment. Warm hands improve circulation and blood flow.
- 3 Place all contents of the test kit on a clean, flat surface and choose which finger you will be taking your sample from. Do not use your thumb or little finger.

i Remember, our Study Worker is just outside so if you have any questions, please ask them!

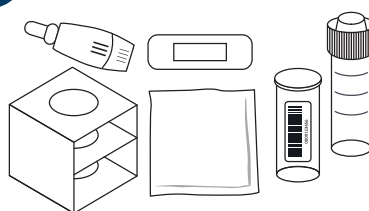
Taking your blood sample:

1



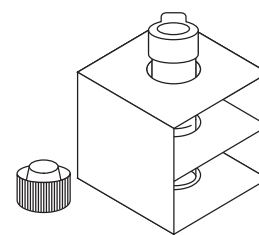
Choose a suitable area in which to carry out the test. Clean this area down and obtain some tissue.

2



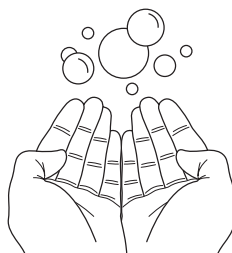
Remove the items from the pack (lancet, alcohol wipe, plaster, small sample test tube, large sample carrier tube, tube holder).

3



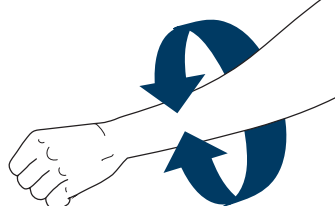
Remove the lid from the small sample tube. Place the tube in the tube holder.

4



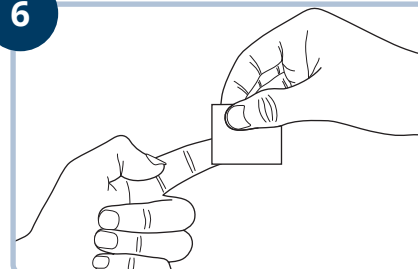
Wash your hands in warm, soapy water for 2 minutes and fully dry them after washing.

5



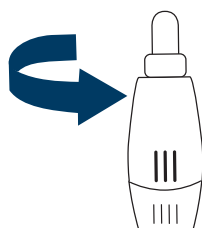
Fully extend your arm and swing it around in a large circle 5 to 10 times, to help increase blood flow.

6



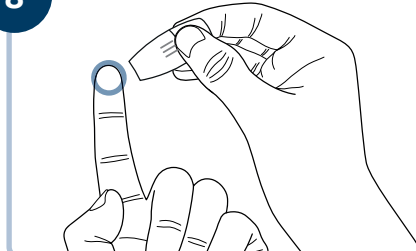
Wipe the finger on your chosen hand with the alcohol swab and let dry. Be sure your finger is completely dry as blood will not form a drop at the puncture site of a moist finger.

7



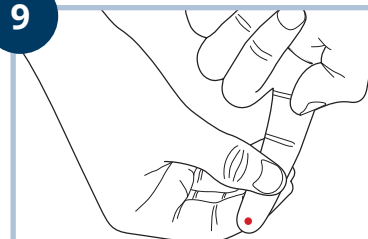
Take one of the supplied lancets. **(1)** Turn the protective cover once. **(2)** Carefully remove the protective cover. **Caution: Don't use a lancet with a loose or missing protective cover.**

8

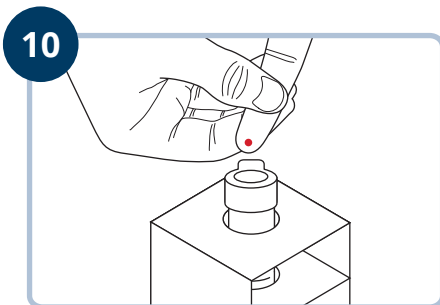


Place your hand palm up on a firm surface. Place the lancet diagonally **on the tip of your finger**, slightly off centre. Press the lancet firmly against the finger until it releases.

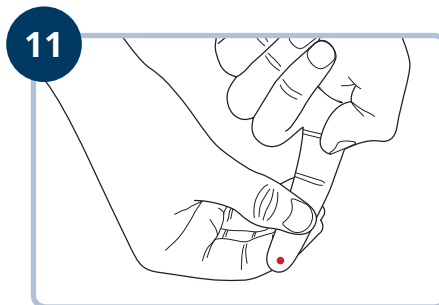
9



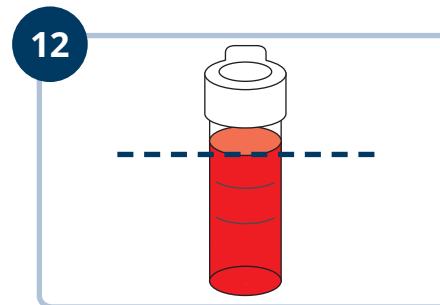
Wipe off the first drop of blood with the tissue. Holding your arm downwards, **gently massage your finger from the palm of your hand towards your fingertip until a drop of blood forms.**



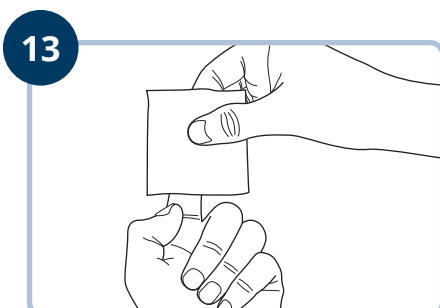
Use the lip on the edge of the tube to guide the droplets of blood in.



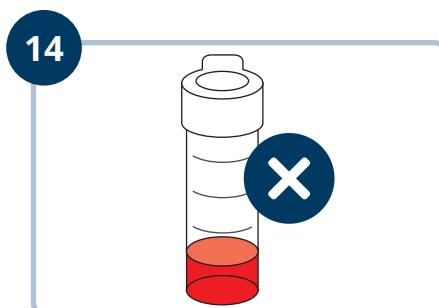
If the flow slows, wipe with a tissue and continue to hold your arm down, massaging your finger from the palm towards the sample tube.



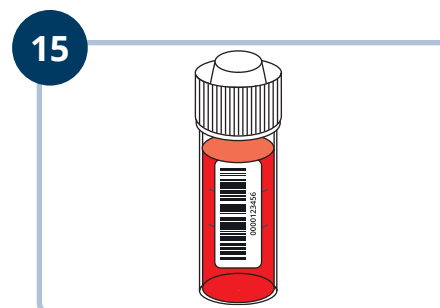
Fill the small sample test tube to the top line. You can use a second finger if needed using the second lancet provided.



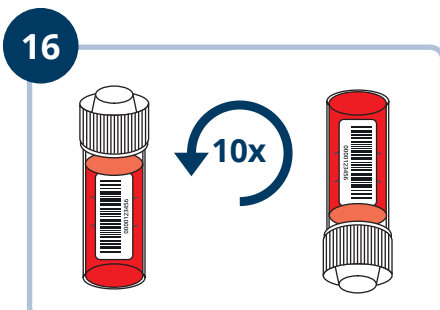
Once you have filled the small sample test tube to the top line, apply pressure to the puncture site using tissue. Use a plaster if required.



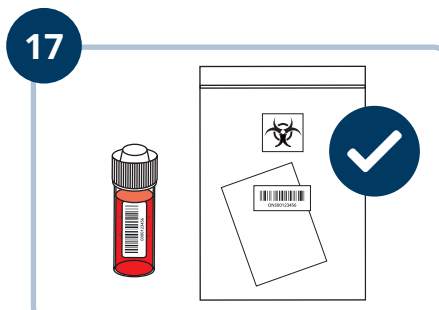
If you were not able to get any blood into the sample test tube, please let the study worker know. You can try again at your next visit if you would like to.



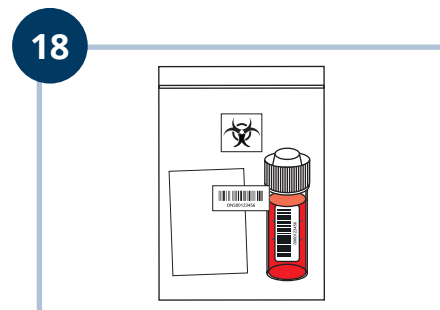
Place the lid back on the small sample test tube until you hear a 'click'. Place the small sample test tube into the large sample carrier tube with the barcode on. **Twist to secure.**



Once secure, turn the tube upside down and back again 10 times gently. **Caution: Be careful not to shake.**



Bring the unsealed biohazard bag and your tube to the door for the study worker. The study worker will visually check the contents of the tube from a safe distance.



Once checked, place the large sample carrier tube into the biohazard bag with the absorbent pad. **Do not remove the absorbent pad.**

19 You can now remove the adhesive strip and seal the bag. The lancet and any other waste you have can be thrown away in your own bin.