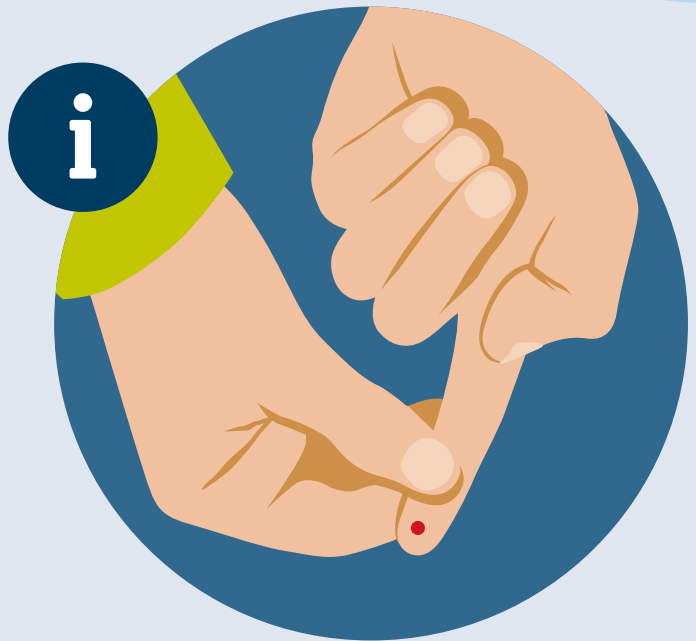


# COVID-19 Infection Survey

## How to take a blood sample



[www.ons.gov.uk/cis](http://www.ons.gov.uk/cis)



UK Health  
Security  
Agency

# How to take your blood sample



**Please ensure you have read all the instructions in this guide before you take your blood sample** so that you can make sure you are fully prepared.

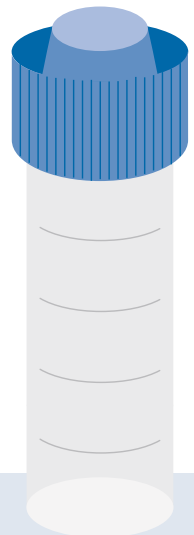
**When you get your kit through the post, please do not take your blood sample before your testing window starts.**

You will get your blood test kit in the same package as your swab test kit. You will also need to return them in the same box.

**You should take your blood sample before starting your questionnaire.** Please start to take your blood sample when you know you have time to complete the questionnaire afterwards.

A copy of your barcode will be included in your blood test kit. Please keep this as you will need it to answer the questionnaire.

The finger prick blood test included in this kit is safe, but there is a small chance it could make you feel dizzy or faint. Because of this, it is important to make sure you are sitting down somewhere safe and stable (not a stool) throughout the test.



**! If you start to feel unwell, stop immediately.**

Lie down until you feel better and do not try to complete the test.

If blood tests have made you feel faint in the past, or you are worried about fainting for any reason, you may wish to ask a friend or family member to stay with you while you take your blood sample. This could be in person, on a video call, or on the telephone. **If you have any questions or concerns, please call us for free on 0800 085 6807 or see frequently asked questions at [www.ons.gov.uk/cis](http://www.ons.gov.uk/cis)**

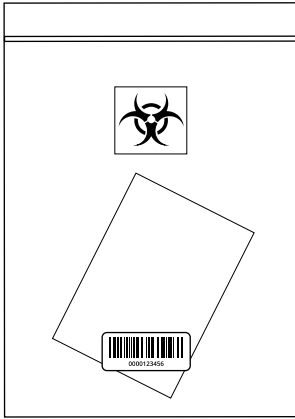
This is a blood test kit for personal, single use only. Do not re-use the lancet, do not share it with other people in your home, and do not use a lancet with a loose or missing protective cover.

The barcodes in your blood test kit are specific to you and to each testing window, **so it is vital that you do not get them mixed up with anybody else's or reuse a kit at a different time.** Your barcode is the only way to track your result back to you.

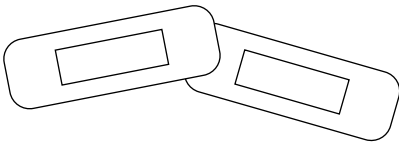
**It is important you fill the sample test tube to at least the bottom line.** It is not possible to test blood samples that contain less than this amount of blood; without this you will not get a result back. The less blood there is in the tube the more likely the test is to fail. Do not fill above the top line.

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

# Your blood test kit contents:



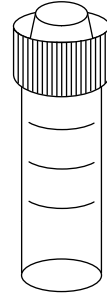
**1x** Re-sealable biohazard bag with an absorbent pad inside  
**(please do not remove the pad)**



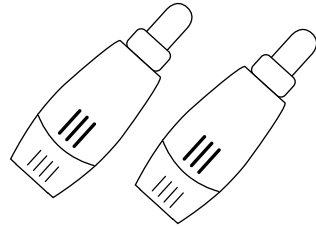
**2x** Plasters



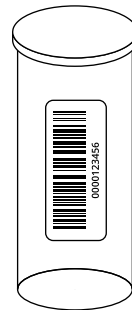
**1x** Copy of your barcode.  
You will need this to answer the questionnaire.



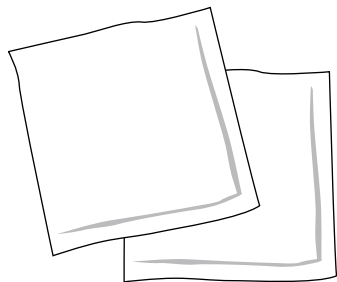
**1x** Small sample test tube



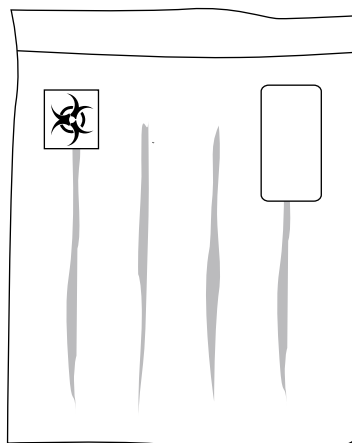
**2x** Lancets



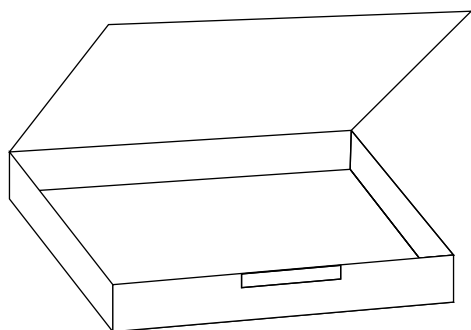
**1x** Large sample carrier tube with barcode on. **This barcode is unique to you so it's important you don't mix this up with anyone else's**



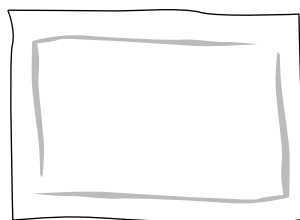
**2x** Alcohol wipes



**1x** Sample return bag with a return label on



**1x** Sample box



**1x** Cleansing wipe

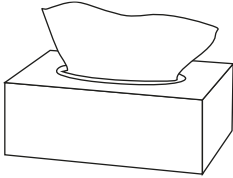
- i** There is only one sample box and one sample return bag to send both swab and blood samples back together.

### **Before you start:**

To make taking your blood sample as easy as possible, **you should drink some water.** Please drink at least two large glasses of water 30 minutes before you begin.

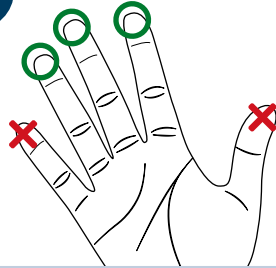
# Taking your blood sample:

1



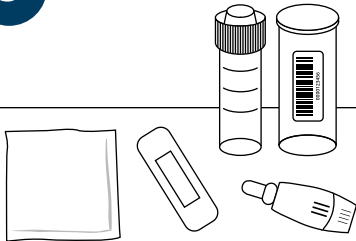
Choose a suitable place with a flat surface to do the test in. Clean this area and get some tissue.

2



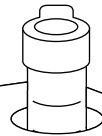
Choose which finger you will be taking your sample from. **Do not use your thumb or little finger.**

3



Remove the items from the test kit and place on the clean, flat surface (lancet, alcohol wipe, plaster, small sample test tube, large sample carrier tube).

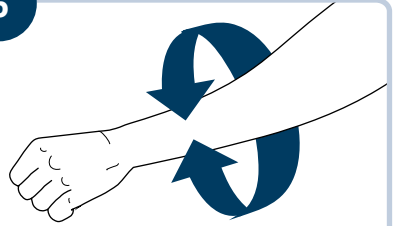
4



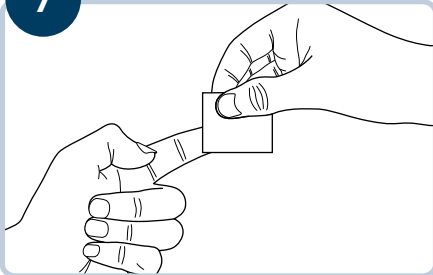
Remove the lid from the small sample tube. The box has a hole you can put the small sample tube in to hold it steady.

**5**

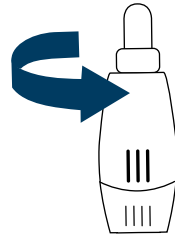
Wash your hands in warm, soapy water for 2 minutes and fully dry them after washing. **Warm hands improve blood flow.**

**6**

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

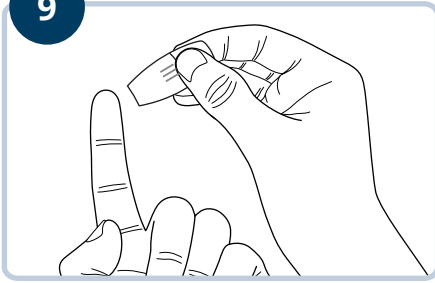
**7**

Wipe the finger on your chosen hand with the alcohol wipe and let it dry. **Make sure your finger is completely dry as blood will not form a drop on a wet finger.**

**8**

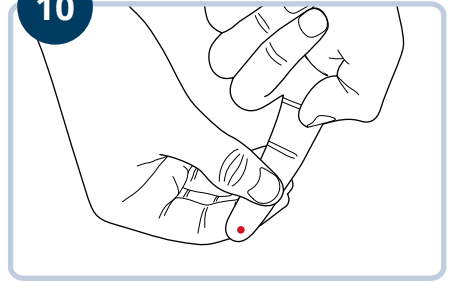
Take one of the supplied lancets. **(1)** Turn the protective cover once. **(2)** Carefully remove the protective cover. **Caution: Do not use a lancet with a loose or missing protective cover.**

9



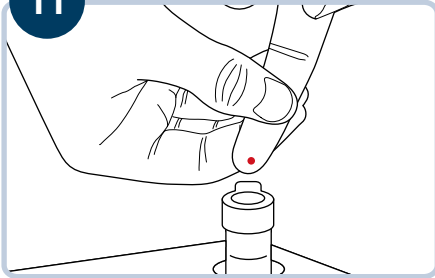
Place your hand palm up on a firm surface. Place the lancet diagonally on the **tip of your finger**, slightly off centre. Press the lancet firmly against the finger until it releases.

10



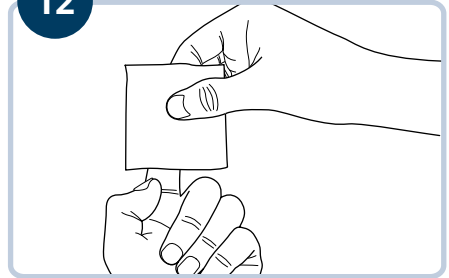
Wipe off the first drop of blood with the tissue. Holding your arm downwards, gently massage your finger from the palm of your hand towards your fingertip until a drop of blood forms.

11



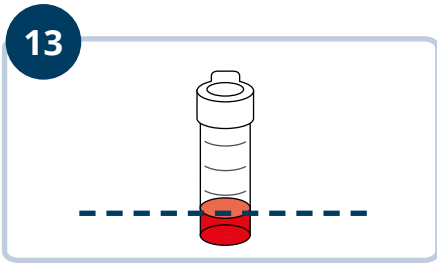
Use the lip on the edge of the tube to guide the drops of blood in.

12

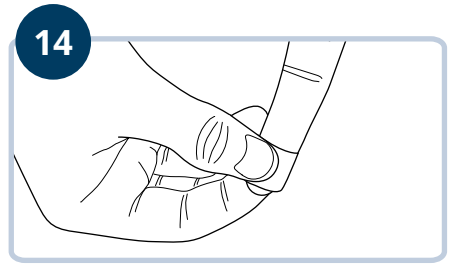


If the flow slows, wipe with a tissue and continue to hold your arm down, massaging your finger from the palm towards the sample tube.

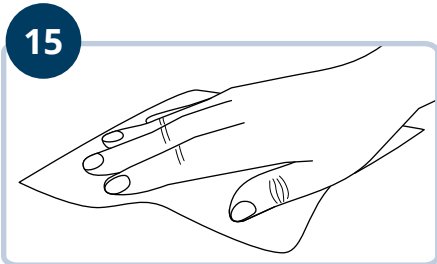




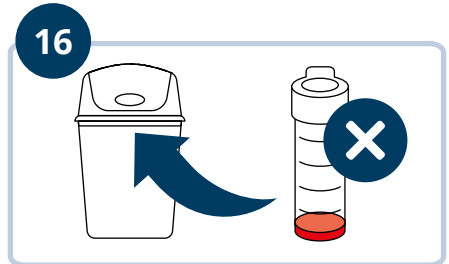
Fill the small sample test tube to at least the bottom line. You can use a second finger if needed using the second lancet, but you should only continue to extract blood for as long as you feel comfortable and able to do so.



Once you have filled the small sample test tube to at least the bottom line, apply pressure to the puncture site using tissue. Use a plaster if you need to.



You can use the cleansing wipe if you have spilled anything.



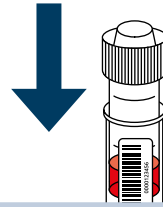
**If you were not able to get enough blood** into the sample test tube this is OK. Please **put the tube and everything else in your household bin** and do not send it back to us. You can try again at your next testing window if you would like to.

17



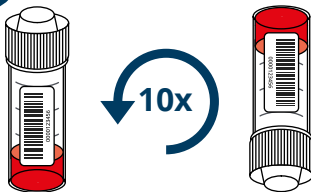
If you have managed to fill the sample test tube to at least the bottom line, then put the lid back on the small sample test tube **until you hear a 'click'**.

18



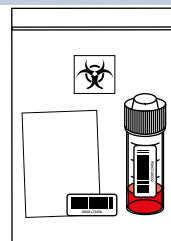
Put the small sample test tube into the large sample carrier tube with the barcode on. Twist the lid of the large sample carrier tube to secure. **This barcode is unique to you and important for sending your result to you, so make sure this has not got mixed up with anybody else's.**

19



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

20



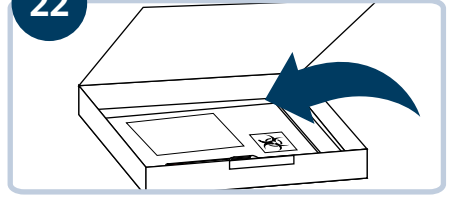
Place the large sample carrier tube with the barcode on it into the biohazard bag with the absorbent pad. **Do not remove the absorbent pad.**

21



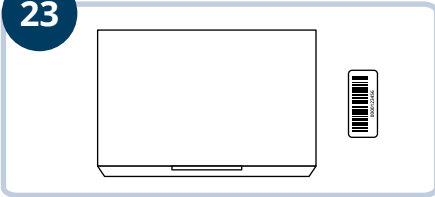
You can now remove the adhesive strip and seal the bag.

22



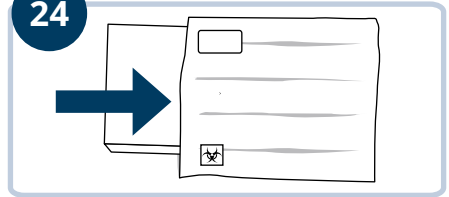
Place the sealed biohazard bag into the sample box. This is the box you also put your swab sample in its own sealed biohazard bag.

23



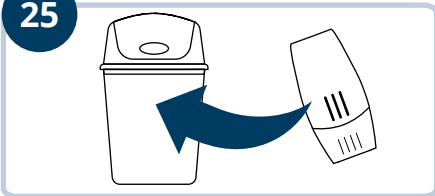
Make sure you have taken out the loose copy of your barcode. Then close the box securely once both your samples are inside.

24



Put the sample box into the sample return bag with the return label on. Seal the sample return bag.

25



The lancet and any other waste you have can be thrown away in your own household bin.

**You should now complete and submit your questionnaire and send your samples back to us.**

These instructions are available at [www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/protocol-and-information-sheets](http://www.ndm.ox.ac.uk/covid-19/covid-19-infection-survey/protocol-and-information-sheets)

You can request a copy by calling **0800 085 6807**.