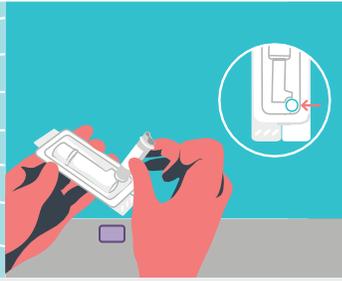
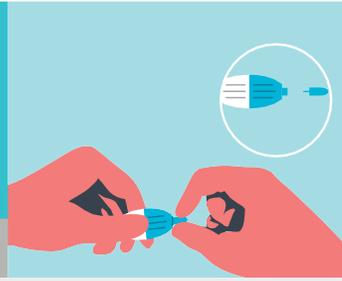




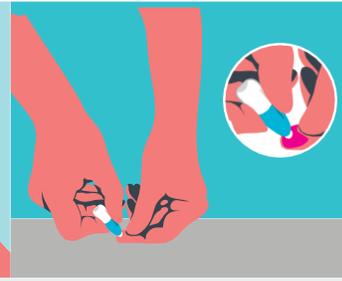
1 Warm up to help your blood flow. Do the test after having a shower or a bath, soaking your hand in warm water, exercising or holding a warm mug.



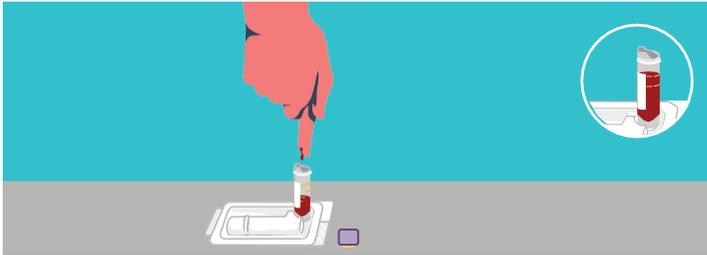
2 Remove the purple lid from the tube. Close the protective case, then push the tube into the corner of the case, so it can stand up (as seen in step 5).



3 Twist and pull the top off a lancet. Then use a wipe to sterilise your chosen finger.

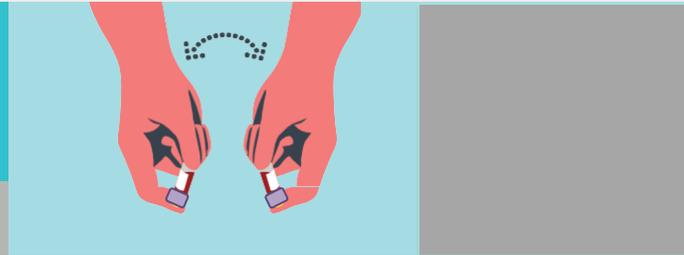


4 To prick your finger, lay your hand on a flat surface. Press the lancet firmly into the middle or side of your fingertip to make a small cut.



5 Stand over the tube, keeping your arm straight. Massage down your finger, allowing drops of blood to fall into the tube. If your blood stops flowing, prick another finger.

Once you have filled to the 500 line, push the purple lid down firmly, so it clicks. Use a sterile wipe to clean your finger, then apply a plaster.



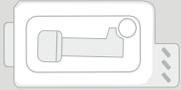
6 Gently turn the tube upside down five times. With a clean tissue, wipe the sample tube, then wash your hands.

7 Follow the instructions on the enclosed label sheet titled 'Labelling your sample and return envelope' to label your tube and envelope correctly so that your sample can reach us safely in the lab.

8 Dispose of the used lancets, wipes and tissues in your regular household waste bin.

What is included in the kit:

This is a simple and reliable test designed to be safely used at home.



Protective case



Sample tube



3 lancets



2 sterile wipes



2 plasters

You will also need some clean tissue.

How long does this test take?

It is best to do this when you have about 20-30 minutes to spare. Watching the video below will help you collect your sample more quickly, while being warm and keeping your arm straight will really help blood flow to your finger.

What if I cannot fill the tube to the 500 line?

If you have not reached the 500 line after using all three lancets to prick your fingers, please send us what you have been able to collect. **Please do not attempt to prick your finger with anything other than the lancets provided.**

What will my blood sample be used for?

We will analyse your sample to help us understand COVID-19. This includes testing your sample for the presence of antibodies formed against the virus that causes COVID-19. Please be aware that these blood collection kits are used by other studies as well, and the short tutorial video was created by the supplier.

Watch this short tutorial video of someone doing the same style of test:

 bit.ly/bloodtestSH24

The link is case-sensitive when typing it into a search bar.

Any questions about the kit?

Take a look at our FAQs page:

cssbiobank.com/faqs

Kits supplied by

SH:24