

## SHAWL-1 Study (Stay Healthy at Work) Study

### COLLECTION INSTRUCTIONS FOR CAPILLARY & DRIED BLOOD SPOT (DBS) CARDS



Microtainer Collection



DBS Collection

Your capillary blood collection kit should include:

1. Biohazard specimen transport bag
2. Antiseptic isopropyl alcohol pad
3. Lancet ([blue or pink for tube collection](#) and [blue for DBS](#))
4. Blood collection tube or 3 Dried Blood Spot Cards
5. Gauze
6. Band aid
7. Dessicant for DBS collection only

#### NOTES:

**Use one collection kit for collection into tubes and another kit for collection onto DBS Cards.**

**You may collect blood into collection tubes and DBS cards on the same day using separate finger pricks for each collection method.**

**OR**

**You can collect blood onto the DBS cards one day and into the collection tube the next day.**

Please review a short video entitled “***How to take your COVID-19 capillary blood sample***”

(<https://drive.google.com/file/d/1R7vvMRwhBq05hfqRLsgYmEM3CidvL0Di/view?usp=sharing>)

about self-collection of blood samples. Also see a pictorial view of the collection steps at the end of the document for microtainer collection. Note that the video is for collection in a tube – please see separate instructions here for dried blood spot cards.

#### **INSTRUCTIONS FOR CAPILLARY (FINGER PRICK) BLOOD SAMPLE COLLECTION**

Specimens should be collected on Monday to Wednesday (starting Tuesday if Monday is a Statutory Holiday).

1. Ensure your kit has all of the items listed above, and set it on a clean desk or table.
2. To facilitate collection, increase your heartrate by doing some exercise (e.g. going up the stairs) and activate circulation in your hands by shaking them below your heart level and flexing your fingers.
3. Wash your hands with soap and warm water (the warm temperature will facilitate the blood collection). Dry your hands. You can also rub your hands together to warm them up.

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4. At your collection station, keep your hand below your heart. Disinfect your middle or ring finger (non-dominant hand) with the alcohol pad.
5. Remove the cap from the lancet and press firmly against the skin of your finger. Aim to be close to, but not at the tip, and slightly off-center (see pictures later in this document). The lancet is pressure activated: it will press the skin at a fixed depth and the blade will then retract and you can begin your collection. *\*We provide by default the pink lancets that enable a medium flow. Alternative lancets (blue lancets) are available to those who need them: they also have a retractable blade that will provide a larger prick, resulting in a higher blood flow (please note that they may also be more painful to use).*
6. Use the gauze to wipe away the first drop of blood.

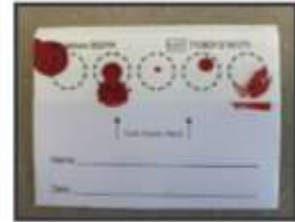
### COLLECTION IN A TUBE

7. Hold your finger over the tube and massage down from the palm to the tip of the finger to promote blood flow to fill the tube until the required level of blood (if possible, to or above the 250 µl mark) has been collected. *Note that the laboratory is able to use smaller volumes in many cases if the collection to 250 µl was not successful. Please return your collection tube even if you have not been able to provide the full volume.*
8. Replace closure by twisting and pushing cap downward until a snap is heard.
9. Immediately after collection, mix the sample by gently inverting filled tube 5 to 10 times.
10. Dispose of used lancet in sharps container (if available) or return in biohazard bag with sample for proper disposal at LTRI.
11. Affix the label to the collection tube (labels were included in the original package, follow the included instructions for how to label the tube) and place the labelled tube into the zip lock bag marked biohazard and seal the bag. You will be using the pink labels for the blood sample. The labels are pre-numbered, but you will need to add your significant initials (as per the kit's instruction) on your labels using a ball point pen. Do not add saliva samples to this bag.
12. Please deposit the specimen into the designated collection box for serology at LTRI by 1PM **on the day of collecting your specimen.**

### COLLECTION ONTO UP TO 3 DRIED BLOOD SPOT CARDS

13. Label the filled DBS card(s) with your SHAWL ID and sample label number 'DBS-01'.
14. Fold back the flap of the DBS card to reveal the 5 circles.
15. Follow steps 1 to 6 from above.
16. Gently massage your finger down from the palm to the tip of the finger to help a blood drop form. Once a large drop of blood forms, let the blood fall from your finger onto the first circle in the card. The blood should fill the circle and show through the other side. Do not touch the card with your finger.
17. Fill the first circle before moving onto the next. Try to fill all 5 circles on the card, but it is better to fill fewer than to have circles filled incompletely. If one drop does not fill a circle, aim for another drop beside the first. Do not layer drops on top of each other. If blood is still flowing, please fill spots on up to 2 more cards.

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### Filling Dried Blood Spot Cards

### Good Sample

### Poor Sample

(images from CCAHS brochure - <https://www.statcan.gc.ca/eng/survey/household/5339/brochure> )

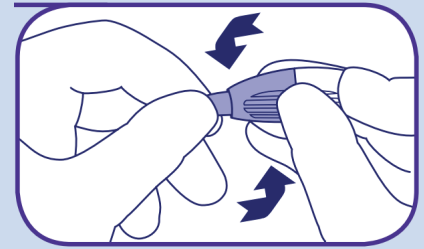
18. Allow the DBS card(s) to air dry for a minimum of 3 hours in a safe place. Once dry, fold the flap back over the card spots, place the card(s) with a dessicant in a biohazard bag and make sure it is sealed. It is very important to include the dessicant and to seal the bag to retain sample integrity.
19. Dispose of used lancet in sharps container (if available) or return in a separate biohazard bag with sample for proper disposal at LTRI.
20. Drop the DBS cards (and the separate biohazard bag containing the lancet) into the designated collection box for serology at LTRI by 1PM **on the day of collecting your specimen.**

# Instructions for blood sample collection

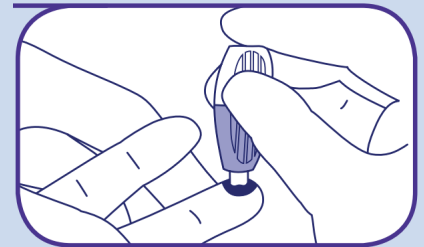
1. Starting from washed and warmed hands, identify the desired puncture site (shaded area) and disinfect it with alcohol wipe.



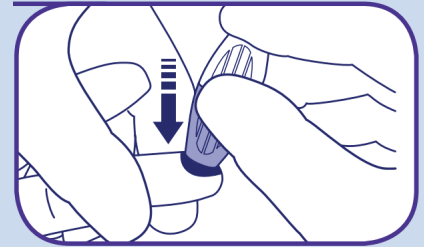
2. Twist off tab of the safety lancet to break the seal.



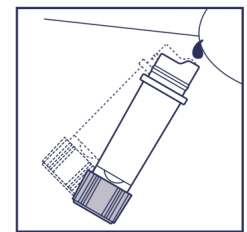
3. Position safety lancet firmly against puncture site as illustrated. Hold safety lancet between fingers.



4. To activate, press safety lancet firmly against the puncture site. Do not remove the device from the site until an audible click is heard.



5. Hold collection tube at 30°-45° angle from surface of puncture site. Touch collector end reservoir to drop of blood. After collecting 2 or 3 drops, blood will freely flow down reservoir wall to bottom of tube. Collect > 250 µl of blood if possible.



6. Replace closure by twisting and pushing cap downward until a snap is heard. Immediately after collection mix the sample by inverting filled tube 5-10 times. Add label, and return to the lab in the biohazard bag.

