

Capillary Blood Collection Instructions (baseline, 8 weeks, 16 weeks and 24 weeks)



Your capillary blood collection kit should include:

1. Biohazard specimen transport bag
2. Antiseptic isopropyl alcohol pad
3. Lancet (**default = pink*)
4. Blood collection tube
5. Gauze
6. Band aid

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.

Detailed instructions for capillary (finger prick) blood sample collection for SHAWL:

1. Specimens should be collected on the day you drop off your specimen.
2. You will be using the pink labels for the blood sample. The labels are pre-numbered, but you will need to add your coded initials (the last letter of your first name followed by last letter of your last name) on your labels using a ball point pen.
3. Ensure your kit has all of the items listed above, and set it on a clean desk or table.
4. To facilitate collection, increase your heart rate by doing some exercise (e.g. going up the stairs) and activate the circulation in your hands by shaking them below your heart level and flexing your fingers.
5. 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.
6. At your collection station, keep your hand below the level of your heart. Disinfect your middle or ring finger (non-dominant hand) with the alcohol pad.
7. 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 the pictures at the end of this document. The lancet is pressure activated; it will pierce the skin at a fixed depth and then the blade will retract and you can begin your collection. ***In the collection kit, we provide the pink lancets that enable a medium flow. Alternative lancets (blue lancets) are available to those who need or prefer them. The blue lancets also have a retractable blade that has an increased puncture depth, resulting in a higher blood flow (please note that they may also be more painful to use).*
8. Use the gauze to wipe away the first drop of blood.

9. 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 μ l mark) has been collected. *Note that the laboratory is able to use smaller volumes in many cases if the collection to 250 μ l was not successful. Please return your collection tube even if you have not been able to provide the full volume.*
10. Replace the cap by twisting and pushing the cap downward until a snap is heard.
11. Immediately after collection, mix the sample by gently inverting the filled tube 5 to 10 times.
12. Dispose of used lancet in sharps container (if available) or return in the biohazard bag with sample for proper disposal.
13. 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. Do not add saliva samples to this bag.
14. Please deposit the specimen into the designated collection box for serology on the day of collecting your specimen. The study team will provide you with information regarding the drop-off schedule.
15. On the day that you drop off your specimen, please log into the shawl-home.lunenfeld.ca portal and “ADD” your specimen. Your results cannot be uploaded until this step is completed. Once you add a blood specimen, your COVID-19 risk and symptoms questionnaire will appear for you to answer.

Although self-collection of blood is strongly encouraged, venipuncture is available if you find that you cannot perform self-collection at any or all time points.

If you have any questions, please contact a member of the study administration team (shawl@lunenfeld.ca).

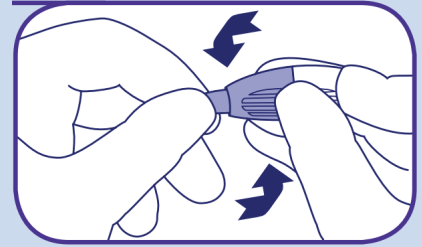
Thank you very much for your participation in the SHAWL-1 study.

Instructions for blood sample collection

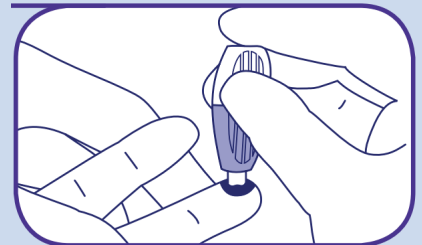
1. Starting from washed and warmed hands, identify the desired puncture site (shaded area) and disinfect it with alcohol wipe.



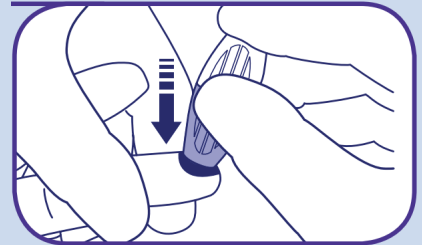
2. Twist off tab of the safety lancet to break the seal.



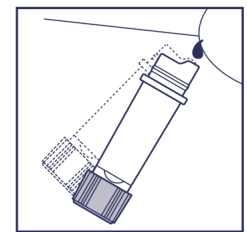
3. Position safety lancet firmly against puncture site as illustrated. Hold safety lancet between fingers.



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.

