

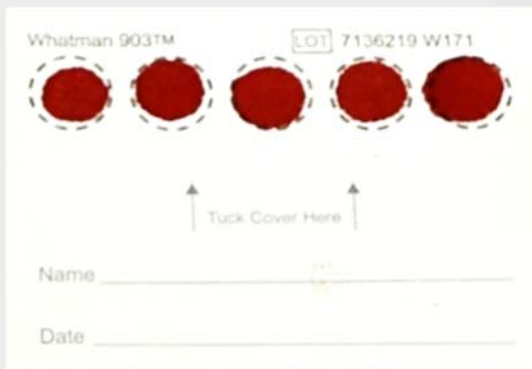
INSTRUCTIONS

Thank you for participating

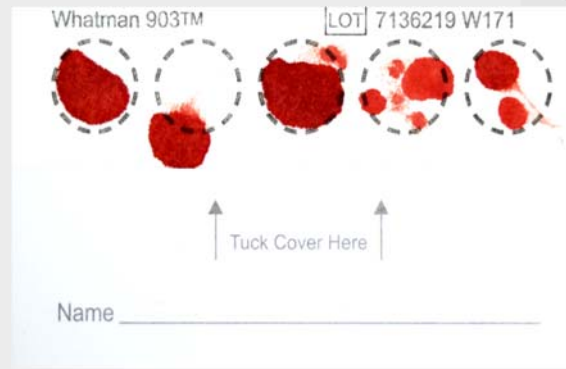
- Your blood varies naturally across the day. Your blood should be collected between 8 am and noon.
- It is important to be well-hydrated. Please drink plenty of water the evening before and the morning you collect your blood.
- If you are sick, please wait until 14 days after you feel better.
- Please wait 14 days after receiving any vaccination to collect your blood.
- Flip this page over for step-by-step instructions

Tips

YES, DO:



NO, DON'T DO:



What's in your kit?

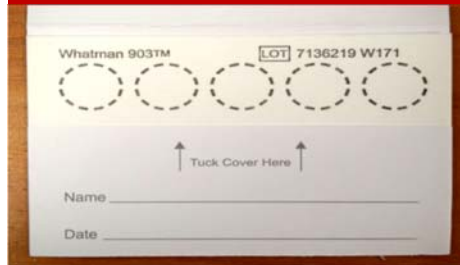


1. Wash hands



Wash your hands with soap and warm water .

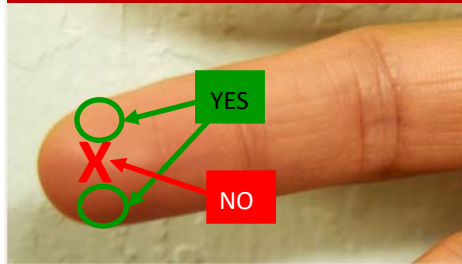
2. Open the card



Open the blood card and gauze so they're ready to use.

Rub your hands together or shake your hands to get the blood flowing.

3. Prepare finger



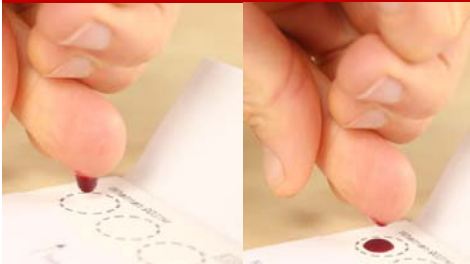
Prepare the middle or ring finger on your non-dominant hand by wiping the fingertip with the alcohol pad. Let it dry. See the picture of where to prick—it should be to the left or right of the center of your fingertip.

4. Prick and wipe finger



Twist off the cap of the single-use lancet and press the tip against your finger. Wipe away the first drop with the gauze. This will keep the blood flowing.

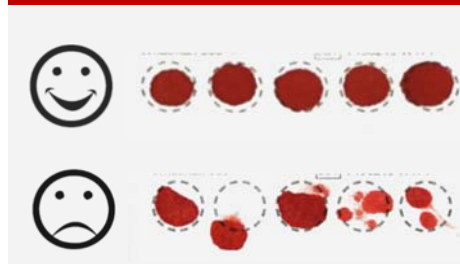
5. Drop a spot



Place finger over first circle on blood card. Let a **LARGE** drop fall or very gently touch drop to card.

DO NOT TOUCH FINGER TO CARD.

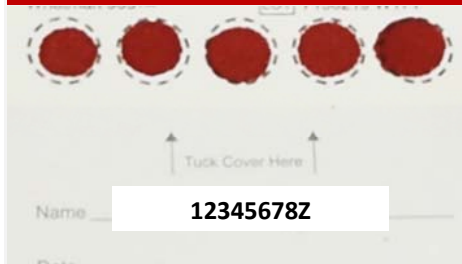
6. Fill circles on card



Add **ONE** drop of blood to each circle.

Need more blood? Gently massage your finger from base to tip, and wipe finger between drops with the gauze or pick another finger.

7. Let it dry



Write the date. Don't write your name. This keeps your sample confidential.

Let the card dry for at least **4 hours**.

8. Mail it



Put the dried card in the plastic bag with the silica gel pack. Put the plastic bag in the prepaid envelope and mail it.