

VIROLOGY PARTICIPANT INSTRUCTIONS DRIED BLOOD SPOTS

Dear PANORAMIC participant,

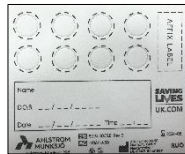
You have received this **dried blood spot (DBS) test kit** as you are currently participating in the PANORAMIC research project. The kit contains:



1. This instruction leaflet

2. Dried blood spot (DBS) card

3. A lancet



4. Cotton wool



5. Alcohol wipe



6. A desiccant (small white sachet that helps with keeping the blood sample dry)



7. A re-sealable polythene bag



8. A prepaid return envelope

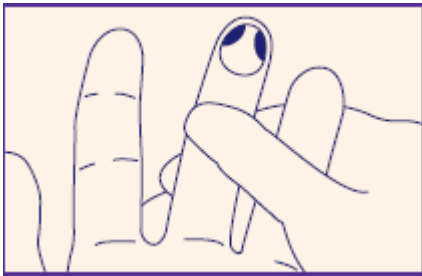


These instructions are to help you complete your test. Before emptying the contents of this pack, be sure all items are placed on a clean and flat surface. Please do not touch the middle of the DBS card, and only the sides. The DBS test must be returned to the study team as soon as possible and preferably **within 3 days** of you receiving the kit.

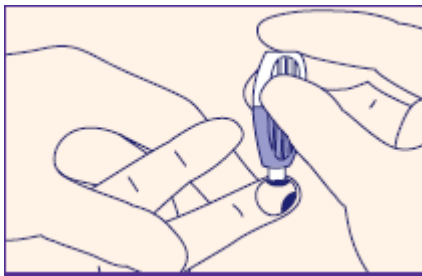
The following steps below explain what you need to do.

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1. Use a pen to complete information on the dried blood spot card, noting
 - i. **your participant ID**
 - ii. **add the date of blood collection on the schedule in the Virology Participant Instructions provided and record the date that you posted the blood sample**
2. Wash hands thoroughly with soap and **warm** water. *Warm hands will allow the best blood sample.* Dry your hands afterwards.
3. Choose the area for the finger puncture. Best place is on the side of the middle or ring finger (e.g., shaded area of finger pad). Clean the area to be used for a blood test with the alcohol wipe and allow to dry.



4. Hold the lancet against the side of your chosen finger, as illustrated below.



5. To activate, press the lancet firmly against the puncture site. **Do not remove until a click is heard.**
6. Lightly massage the punctured finger, and allow a blood drop to form.
7. Allow the blood drop to fall into the first circle on the blood spot card. *Ensure the blood spot is filled up to the dotted line.*

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8. Complete all **FIVE** circles on the card.



If you find that blood flow is poor/slow, lower the arm of the finger you have selected. This will help to increase blood flow. If possible, please avoid excessive squeezing of the finger.



9. Once complete, using the cotton wool, wipe off the blood from your punctured finger and cover with a plaster.

10. Allow the card to dry for 30 minutes, at room temperature.

11. Put the desiccant into the polythene bag, along with dry blood spot card and used lancet. Please make sure you have closed the bag properly.

12. Place the closed polythene bag in envelope and put in the box along with your nose and throat swab, post back to the study team within 24h and preferably within 3 days of taking the sample.

Thank you!