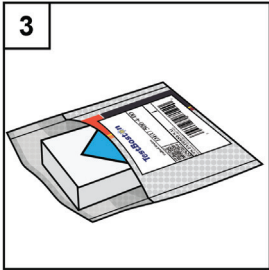


EN • Place your completed blood spot card & tube into the plastic bag and seal it.



ES • Coloque su tarjeta con las muestras de sangre y el tubo en la bolsa de plástico y séllela.

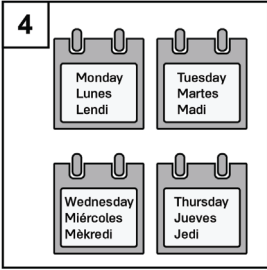
HC • Mete kat ki gen echantiyon ak tib koleksyon nan sachè plastik la epi zipe fèmen.



EN • Place the box into the UPS mailer and seal it.

ES • Coloque la caja en el empaque de UPS y ciérrela.

HC • Mete bwat la nan pakèt UPS la epi fèmen.



EN • Ship your sample Monday through Thursday and on the same day you took your test.

ES • Debe enviar su muestra entre lunes a jueves, pero debe ser el mismo día que colectó la muestra.

HC • Vove echantiyon an menm jou ou pran san an, de Lendi a Jedi.

EN Ship your samples with UPS using the prepaid shipping label provided.

Option 1:

Drop off at the following UPS locations before the final pickup time:

- UPS Stores
- UPS Customer Center
- UPS Drop Box
- With any UPS Driver

Visit [www.TestBoston.org/UPS](http://www.TestBoston.org/UPS) to find the nearest location and hours of operation.

Option 2:

You may be eligible for UPS home pickup if you can safely leave your package in a place where UPS drivers can access it. Schedule a pickup by calling 1-844-4UPS-LAB (1-844-487-7522). If you have any difficulty returning your kit through UPS, please contact the study team **617-525-4220**.

ES Envíe sus muestras por UPS utilizando la etiqueta prepagada.

Opción 1:

Lleve el paquete a las siguientes locaciones de UPS antes de que pase la hora establecida para que se recogen los paquetes:

- Tiendas UPS
- Centro de atención al cliente de UPS
- Caja de UPS donde se depositan paquetes
- O déjelo con cualquier conductor de UPS

Ve a [www.TestBoston.org/UPS](http://www.TestBoston.org/UPS) para encontrar la ubicación y las horas de operación más cercanas.

Opción 2:

Usted puede ser elegible para que UPS recoja el paquete de su casa si lo puede dejar en un lugar seguro y fácil para recoger. Haga una cita para que recogen el paquete llamando al 1-844-4UPS-LAB (1-844-487-7522). Si tiene alguna dificultad para devolver su kit a través de UPS, póngase en contacto con el equipo de investigación **617-525-4220**.

HC Itilize etikèt ki nan men ou pou vove echantiyon yo pa UPS, sonje etikèt sa deja peye.

Opsyon 1:

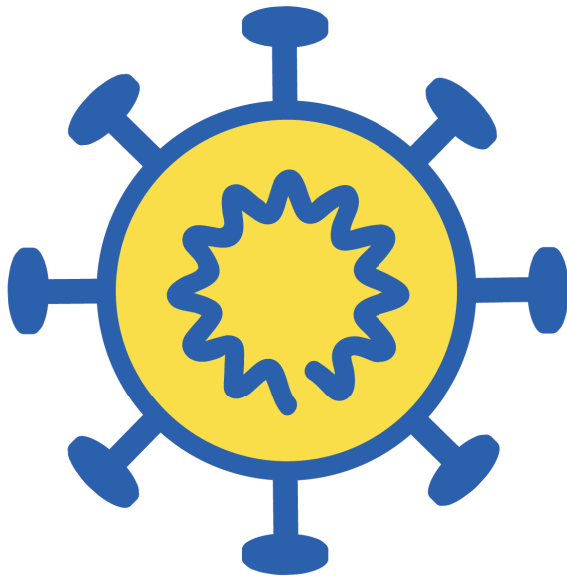
Depoze echantiyon nan yonn nan kpote sa yo, men chache konen jiska ki lè yo ouvè:

- Magazen UPS
- Sant pou kliyan UPS
- Bwat UPS pou depoze Pakè
- Bay nenpòt chofè UPS li

Vizite [www.TestBoston.org/UPS](http://www.TestBoston.org/UPS) pou jwenn ki kote nan lis sa ki pi pre ou ak orè yo travay.

Opsyon 2:

Ou ka kalifye pou UPS vin pran pakè a lakay ou si ou gen kote ou kapab kite li pou anplwaye UPS la jwenn li san pwoblèm. Pou fè randevou avèk UPS pou vin pran pakè a, rele nan 1-844-4UPS-LAB (1-844-487-7522). Si ou gen nenpòt difikilte pou retounen twousou ou nan UPS, tanpri kontakte ekip envestigasyon an **617-525-4220**.



TestBoston

617-525-4220

[www.TestBoston.org](http://www.TestBoston.org)

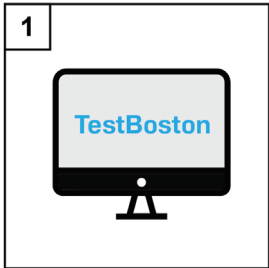
EN **Important:** Your specimen must be shipped on a Monday, Tuesday, Wednesday or Thursday and must be shipped on the same day that you took your test. Do not collect your specimen until you confirm the final pickup time of your UPS dropbox or have scheduled a home pick-up.

ES **Importante:** El paquete con su muestra debe ser enviado sea un lunes, martes, miércoles o jueves, y debe ser enviado el mismo día que la toma. No tome la muestra hasta que confirme la hora exacta que UPS estaría listo para recibir el paquete o que tenga una hora programada y confirmada para que recogen la muestra de su casa.

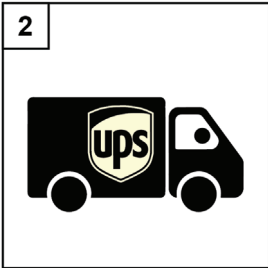
HC **Enpòtan:** Ou sipoze vove echantiyon yo sèlman lè Lendi, Madi, Mèkredi oswa Jedi, epi ou dwe vove yo menm jou ou kolekte san an. Kolekte san jiskaske ou konfime ak UPS ki lè ou kapab depoze echantiyon an oswa ou gen lè ekzak yo vin pran echatiyon an lakay ou.

IMPORTANT:

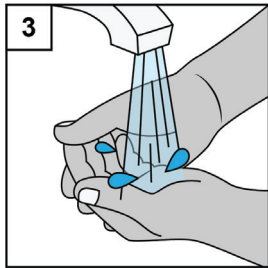
Your specimen must be shipped on a Monday, Tuesday, Wednesday or Thursday and must be shipped on the same day that you took your test. Do not collect your specimen until you confirm the final pickup time of your UPS dropbox or have scheduled a home pick-up.



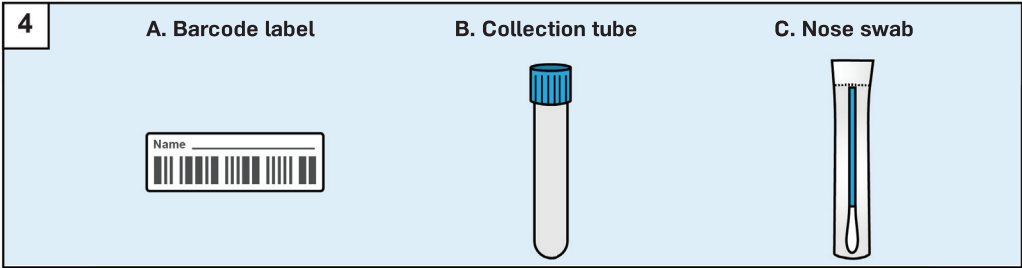
1 Log into **TestBoston.org** to complete your Symptom Survey.



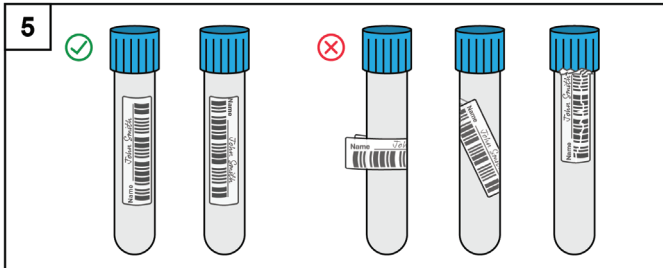
2 Confirm your shipping method with UPS.



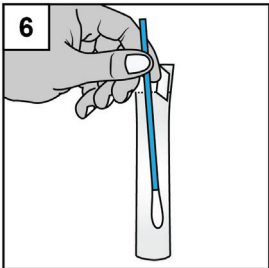
3 Wash and dry your hands.



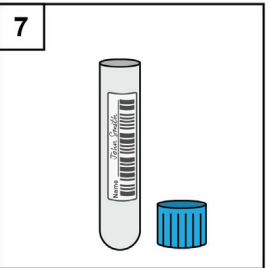
4 Unpack your kit and place all the contents on a clean, dry surface.



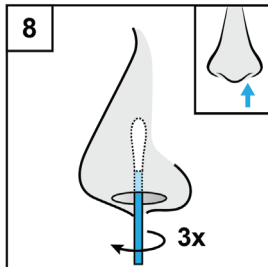
5 On one label (A), write your name and the date that you are collecting your sample, and stick the label on the side of the collection tube (B).



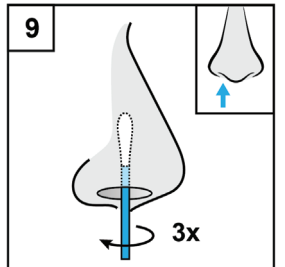
6 Take the swab (C) out of its package.  
Do not touch the tip of the swab.



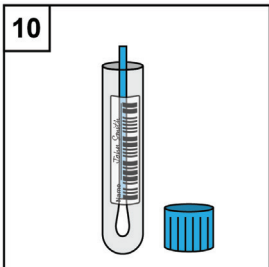
7 Pull off the top of the collection tube (B).



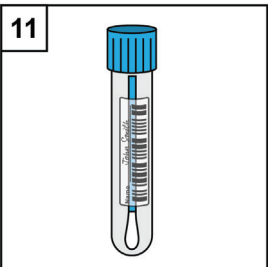
8 Rotate the swab in a circle around the inside edge of your nostril at least 3 times and hold in place for 15 seconds.



9 Move the swab to your other nostril and repeat step 8.

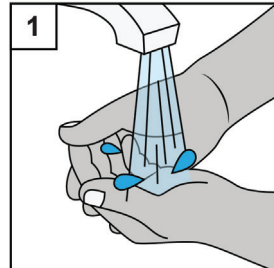


10 Put the swab into the collection tube so that the soft tip is at the bottom of the tube.

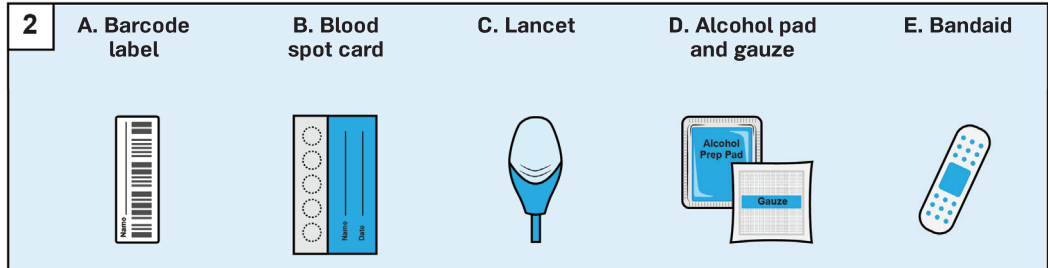


11 Push on the top of the collection tube.  
Wash and dry your hands.

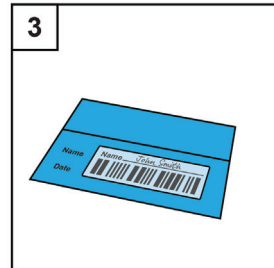
- You will need to make 5 blood spots that must:
  - Soak through the filter paper across the entire area of the spot.
  - Be the size of the example (0.5" or 12.7 mm).



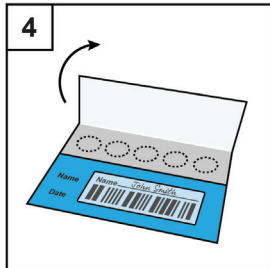
1 Wash and dry your hands.



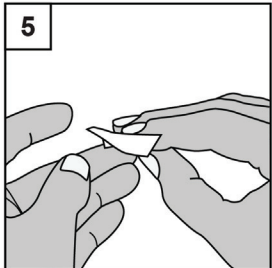
2 Unpack your kit and place all the contents on a clean, dry surface.



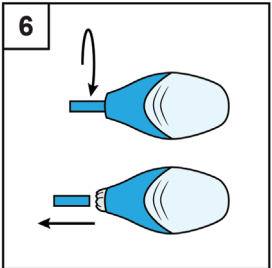
3 Write your name on a label (A) and stick the label over where it says "Name" and "Date" on the blood spot card (B).



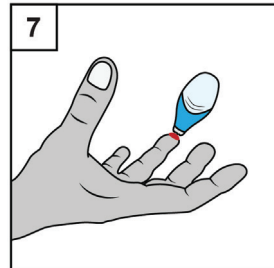
4 Open the cover on the collection card. Avoid touching the filter paper.  
Tape the card to a flat surface below waist level.



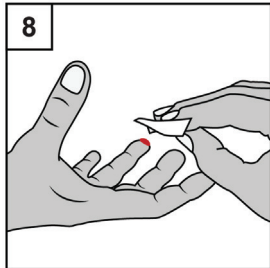
5 Open the alcohol pad and sterile gauze (D). Select your middle or ring finger of the hand you don't write with.  
Wipe your finger with the alcohol pad and allow it to dry.



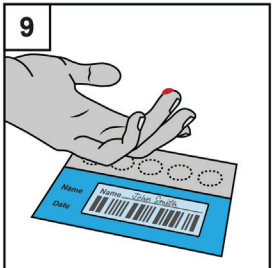
6 Twist off the protective cap (C) and pull it straight out.



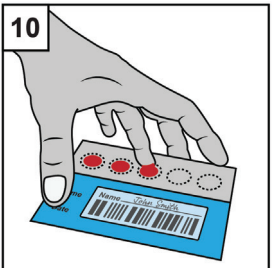
7 Press the small white section of the lancet (C) firmly against the side of your finger pad until the lancet clicks.



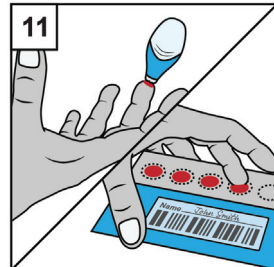
8 Wipe away the first blood drop with gauze (D).



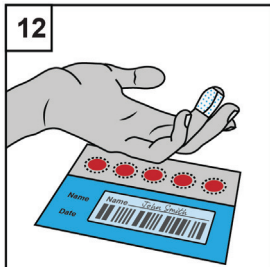
9 Hold your finger over a circle on the blood spot card and gently milk blood from the finger. Don't squeeze hard and keep your hands below your waist.



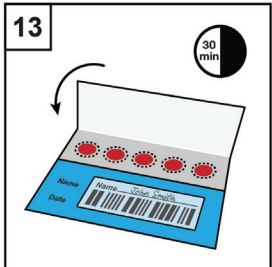
10 As a blood drop forms, touch the drop onto the center of a circle.  
Continue to the next circle until you have filled all 5 circles.



11 If needed, repeat steps 5-10 with the additional lancet on a different finger. If you can't fill all 5 circles, return the card as is.



12 Put the bandaid (E) on your finger.

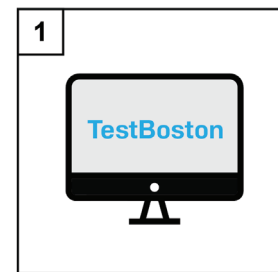


13 Leave the blood spot card open to dry for 30 minutes.  
Once it is dry, close the flap on the card.

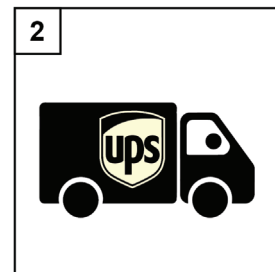


**IMPORTANTE:**

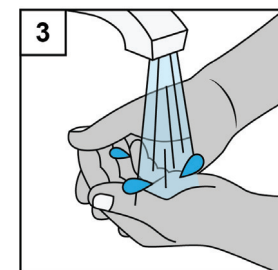
El paquete con su muestra debe ser enviado sea un lunes, martes, miércoles o jueves, y debe ser enviado el mismo día que la toma. No tome la muestra hasta que confirme la hora exacta que UPS estaría listo para recibir el paquete o que tenga una hora programada y confirmada para que recogen la muestra de su casa.



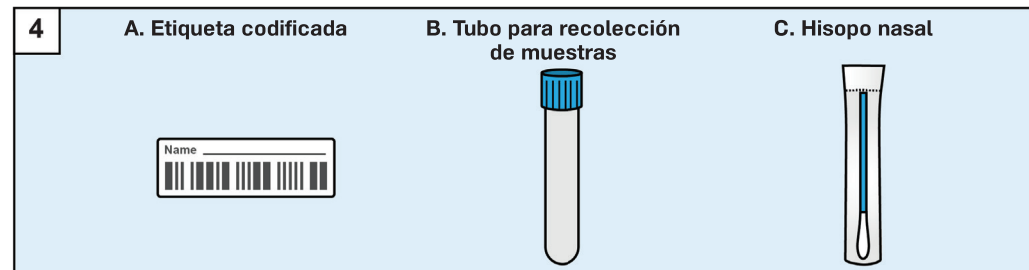
1 • Ve a [www.TestBoston.org](http://www.TestBoston.org) para completar la encuesta sobre sus síntomas.



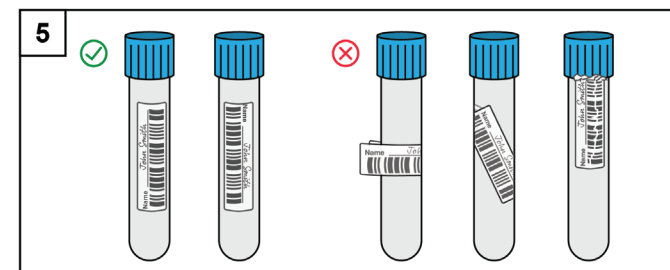
2 • Confirme su método de envío por UPS.



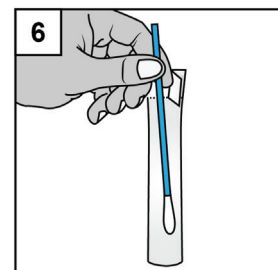
3 • Lávese y séquese las manos.



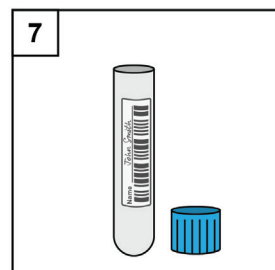
4 • Desembale el kit y coloque todo el contenido sobre una superficie limpia y seca.



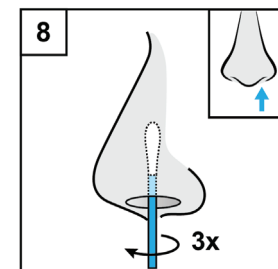
5 • En una etiqueta (A), escriba su nombre y la fecha en que recogió la muestra y pégue la etiqueta sobre el tubo de recolección (B).



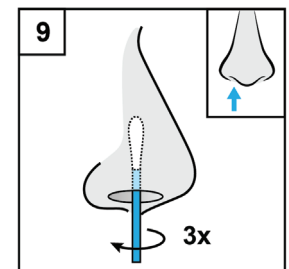
6 • Saque el hisopo (C) de su paquete.  
• No toque la punta suave del hisopo.



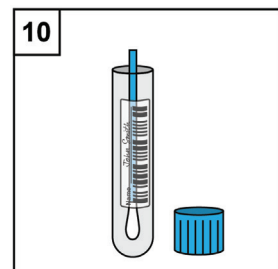
7 • Abra la tapa del tubo de recolección (B).



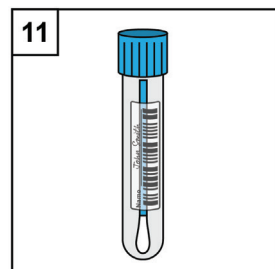
8 • Gire el hisopo en un círculo alrededor del borde interior de la fosa nasal al menos 3 veces y manténgalo a dentro sin moverlo por 15 segundos.



9 • Mueva el hisopo a la otra fosa nasal y repita el paso 8.

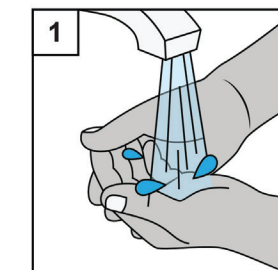


10 • Coloque el hisopo en el tubo de recolección de manera que la punta suave quede en la parte inferior del tubo.

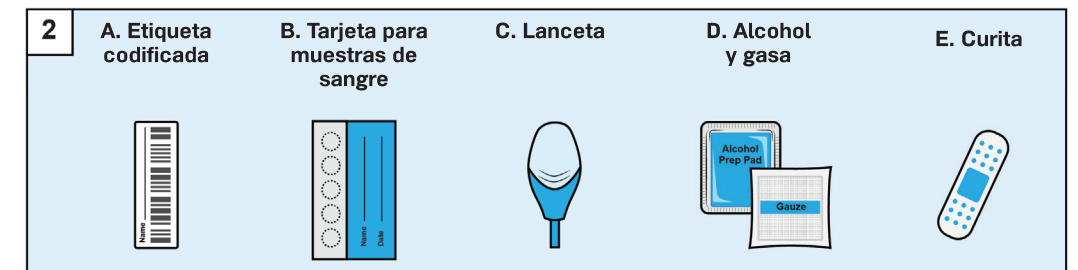


11 • Vuelva a tapar el tubo de recolección.  
• Lávese y séquese las manos.

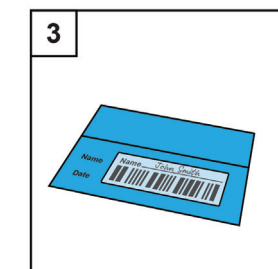
- Usted tendrá que colocar 5 gotas de sangre. Una gota en cada círculo del papel filtrante y cada gota debe:
- Empapar completamente el círculo que se encuentra dibujado en el papel filtrante.
- Ser del tamaño del ejemplo (0,5" o 12,7 mm).



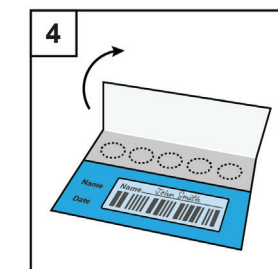
1 • Lave y séquese las manos.



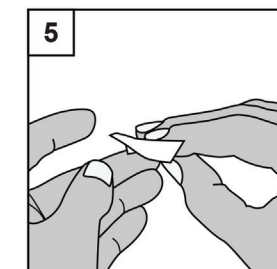
2 • Desembale el kit y coloque todo el contenido sobre una superficie limpia y seca.



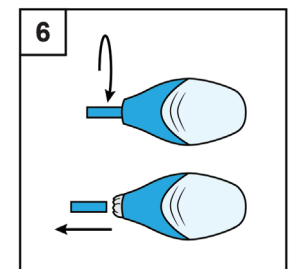
3 • En etiqueta (A), escriba su nombre y la fecha en que tome la muestra y pégue la etiqueta sobre donde dice "Nombre \_\_\_\_" y "Fecha \_\_\_\_" en la tarjeta para muestras de sangre.



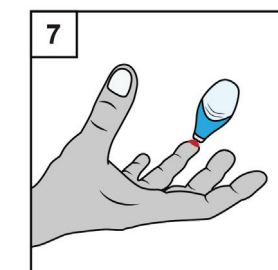
4 • Abra la tapa de la tarjeta de recolección (B).  
• Evite tocar el papel de filtro.



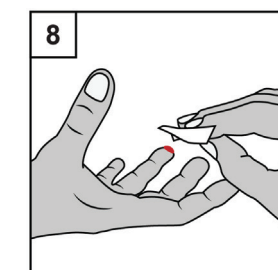
5 • Abra el sobrecito de alcohol y la gasa estéril (D). Seleccione un dedo. Le recomendamos el dedo medio o el dedo anular de la mano con el que usted no escribe.  
• Limpie el dedo con el alcohol y deje que se seque al aire.



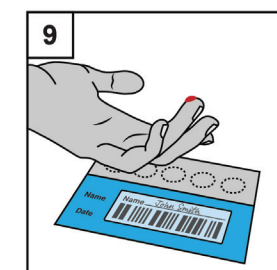
6 • Gire la tapa protectora y jale hacia fuera (C).



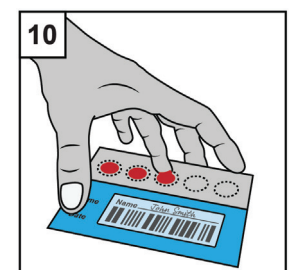
7 • Presione la pequeña sección blanca de la lanceta (C) firmemente sobre el lado de la yema del dedo hasta que la lanceta haga clic.



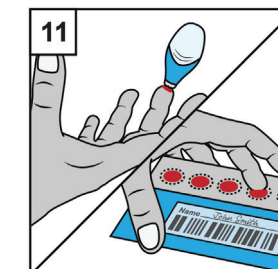
8 • Limpie la primera gota de sangre con gasa (D).



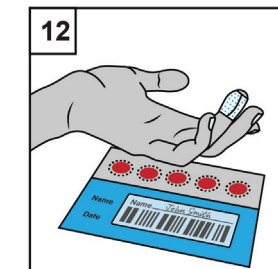
9 • Sostenga el dedo sobre un círculo en la tarjeta de muestras de sangre y exprime suavemente la sangre del dedo. ¡No presione fuerte! Trate de mantener las manos por debajo de la cintura.



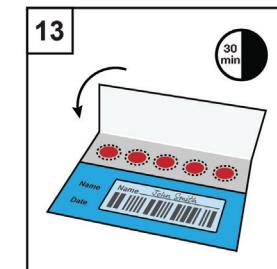
10 • Cuando se haya formado la gota de sangre y este a punto de caer, permita que la gota toque el centro del círculo.  
• Continúe con el siguiente círculo hasta haber llenado los 5 círculos.



11 • Si es necesario, repita los pasos 5-10 con la lanceta adicional en un dedo diferente. Si no puede rellenar los 5 círculos, devuelva la tarjeta tal cual.



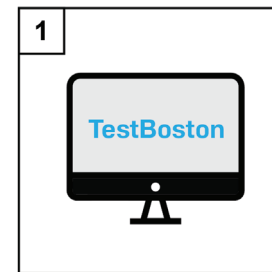
12 • Póngase un curita (E) en el dedo.



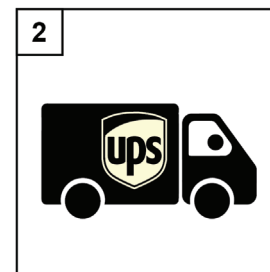
13 • Deje secar la sangre en la tarjeta al aire por al menos 30 minutos.  
• Una vez seca, cierre el doblez de la tarjeta.

## ENPÒTAN:

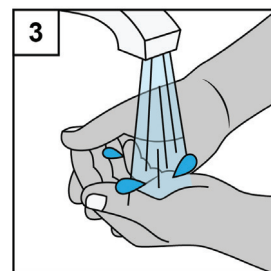
Ou sipoze voye echantiyon yo sèlman lè Lendi, Madi, Mèkredi oswa Jedi, epi ou dwe voye yo menm jou ou kolekte san an. Kolekte san jiskaske ou konfime ak UPS ki lè ou kapab depoze echantiyon an oswa ou gen lè ekzakt yap vin pran echantiyon an lakay ou.



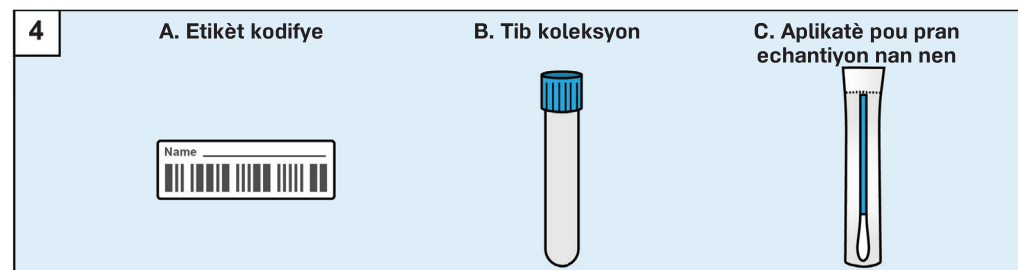
1  
• Ale nan: [www.TestBoston.org](http://www.TestBoston.org) pou kapab ranpli kesyonè sou sentòm ou.



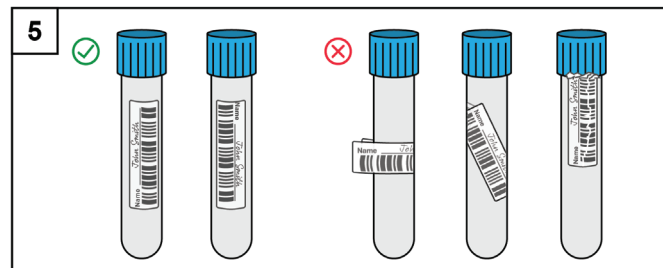
2  
• Konfime ki metòd wap itilize pou voye echantiyon pa UPS.



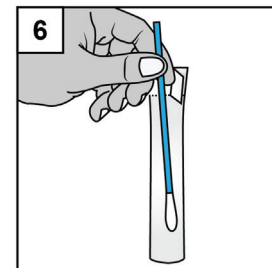
3  
• Lave epi seche men ou.



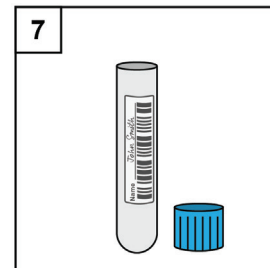
4  
• Ouvri sachè a epi mete tout sa ki andedan li sou yon sifas ki pwòp epi ki sèk.



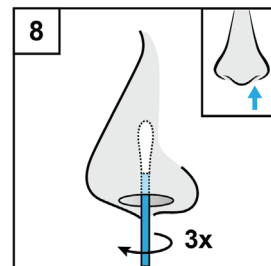
5  
• Sou yon etikèt kodifye (A), ekri non ou ak dat ou te pran echantiyon an epi kole etikèt la sou tib koleksyon an (B).



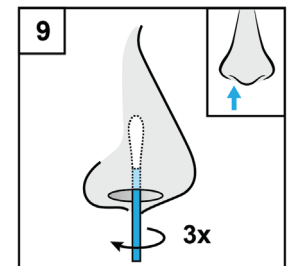
6  
• Retire aplikatè a nan anbalaj li (C).  
• Pa manyen pwent aplikatè ki gen koton an.



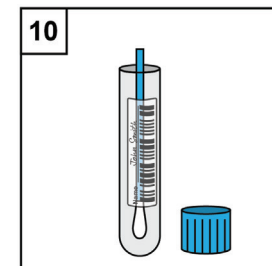
7  
• Devise bouchon tib ou pral mete aplikatè a (B).



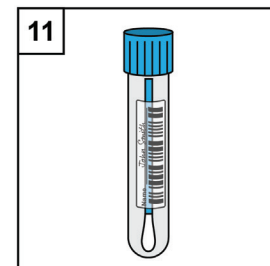
8  
• Pase li an alantou twou nen ou 3 fwa epi kite li nan nen ou pou 15 segonn.



9  
• Travèse aplikatè a nan lòt twou nen ou epi repete etap 8.

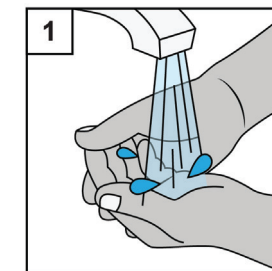


10  
• Mete aplikatè a nan tib koleksyon an men pwent ki gen koton an sipoze ale nan fon tib la.

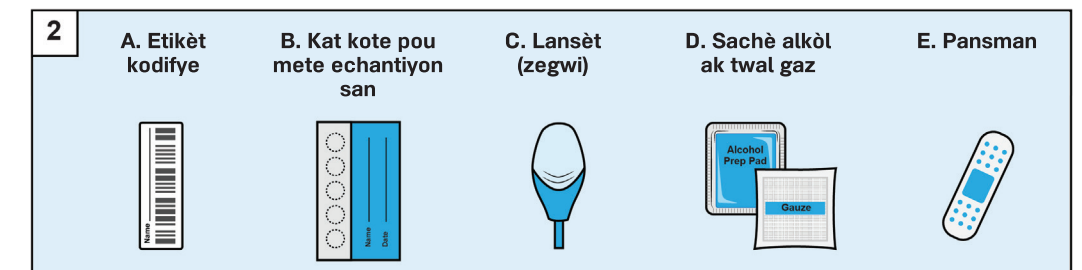


11  
• Rebouche tèt tib koleksyon.  
• Lave epi seche men ou.

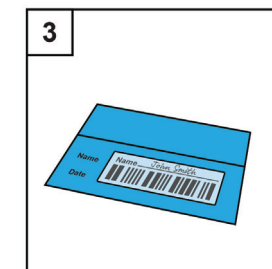
- Wap bezwen 5 echantiyon san ki dwe:
- Tranpe papye filtre ak gout san jiskaske ou ranpli tout ti ronnn yo.
- Gwosè egzanz lan (0,5 "oswa 12,7 mm).



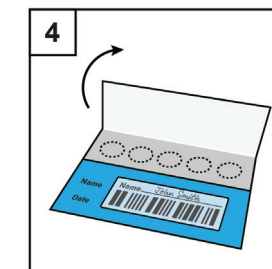
1  
• Lave epi seche men ou.



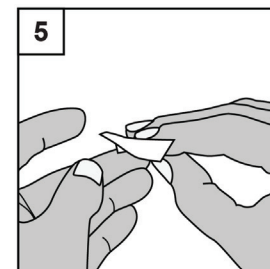
2  
• Ouvri sachè a epi mete tout sa ki andedan li sou yon sifas ki pwòp, sèk.



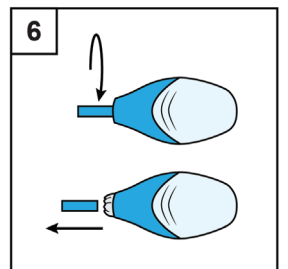
3  
• Sou yon etikèt (A), ekri non ou ak dat ou kolekte echantiyon an epi tepe etikèt la kote ki di "Non \_\_\_" ak "Dat \_\_\_" sou kat kote ou kolekte echantiyon an.



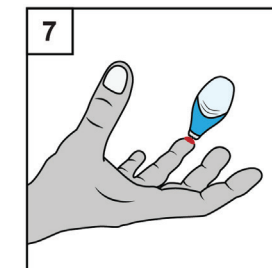
4  
• Leve kouvèti ki sou kat la.  
• Evite manyen papye filtre a.



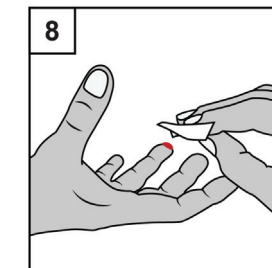
5  
• Louvri sachè alkòl la ak twal gaz esterilize a (D). Chwazi yon dwèt. Nou rekòmande dwèt mitan ou oswa dwèt ou mete bag nan men ke ou pa itilize pou ekri.  
• Siye dwèt ou avèk alkòl ki nan sachè a epi tann li seche.



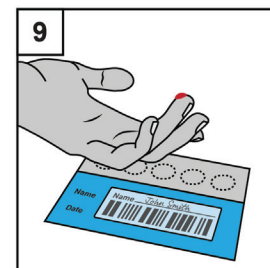
6  
• Vire bouchon pwoteksyon an epi rale li tou dwat (C).



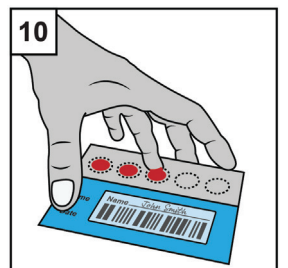
7  
• Peze pati blan lansèt (zegwi) (C) la byen fèm sou kote pwent dwèt ou jiskaske ou tande yon son ki fè klik.



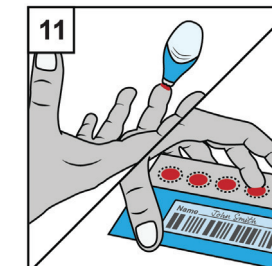
8  
• Siye premye gout san an avèk yon twal gaz (D).



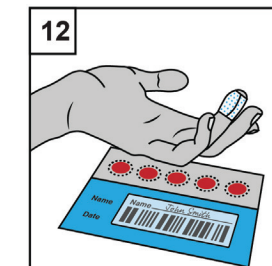
9  
• Kenbe dwèt pou mete echantiyon san an epi dousman peze dwèt ou pou san tonbe sou kat la. Pa peze trò fò epi kenbe men ou pi ba senti ou.



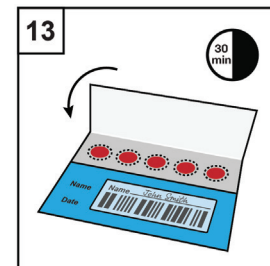
10  
• Lè yon gout san fòme epi li pare pou tonbe, depoze gout la andedan yonn nan ti 5 ronnn ki parèt sou kat la.  
• Kontinye sou pwochen ronnn la jiskaske ou ranpli tout 5 ronnn yo.



11  
• Si sa nesèsè, repete etap 5-10 ak yon lòt zegwi sou yon lòt dwèt. Si ou pa ka ranpli tout 5 ronnn yo, retounen kat la ak sa ou te ka rasanble.



12  
• Mete pansman (E) an sou dwèt ou.



13  
• Kite kat echantiyon san an ouvè pou li ka seche pou 30 minit.  
• Depi li sèch, fèmen kat la.