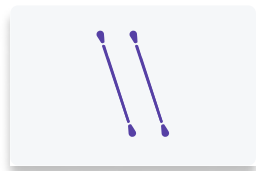
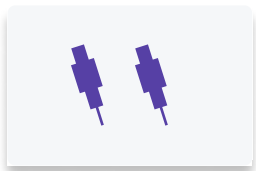


DRIED BLOOD SPOT COLLECTION PROCESS

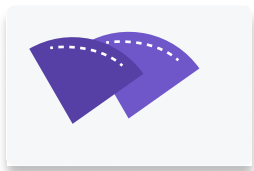
Tools to be prepared:



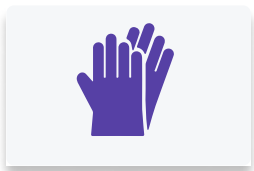
2 sterile alcohol prep pads.



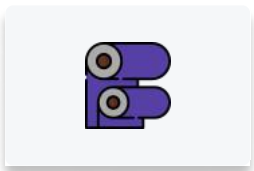
2 Twist Off Disposable Acupuncture Blood Lancets



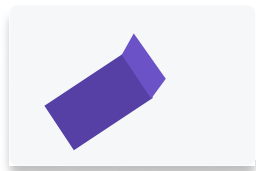
2 qualitative filter paper circle



1 pair of disposable gloves



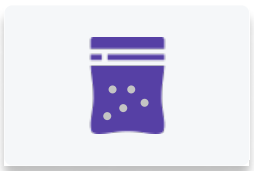
2 bandages



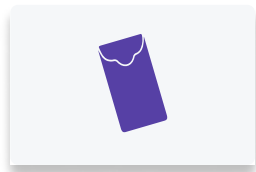
1 self-sealing coin and small parts envelope



1 ziplock top biohazard specimen bag.



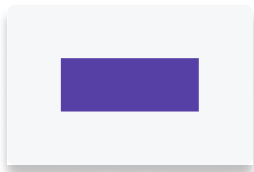
1 silica gel



1 small paper envelope



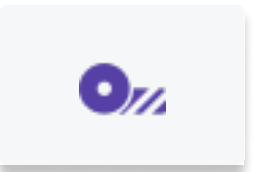
1 permanent marker



1 self-sealing bubble out bag.



corrugated cardboard box mailer

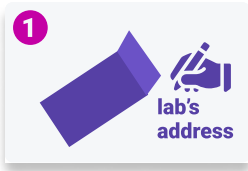


tamper evident security tape.

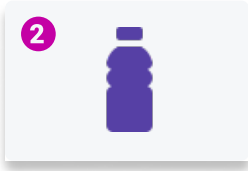


1 UN3373 label for Biological Substance, Category B.

DNA Sample Collection Steps:



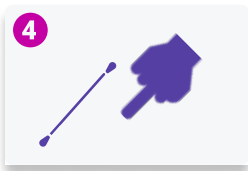
With a permanent marker, write your specimen number and collection date on the self-sealing coin and small parts envelope.



Hydrate Yourself. Blood is 92% water, so make sure to drink enough water to help your blood flow more easily. Aim for 3 to 4 big glasses, including one big glass right before you stick your finger. To maximize results, you can start hydrating yourself the night before. Bonus points if you drink warm water!



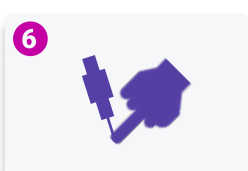
Wash your hands properly with soap and warm water, massage the hand for the finger you chose for at least 4 minutes. Massage all the way up to your forearm to improve blood circulation in more areas. DON'T SKIP OR SHORTCUT THIS STEP – proper temperature and circulation will make a big difference in how much blood you collect.



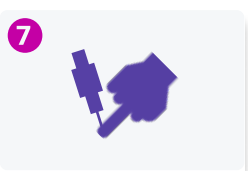
Use the provided alcohol pad to clean the tip of the finger. Choose your middle (3rd) or ring (4th) finger. It is recommended to choose your least used finger, so use your best judgment.



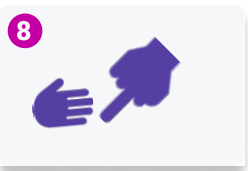
Twist off the cap to break the seal on the safety lancet.



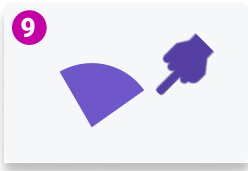
Position the lancet against the inside tip of the finger. Press down firmly until an audible click is heard.



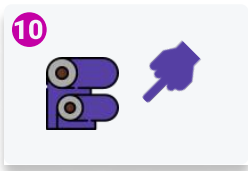
Position the lancet against the inside tip of the finger, aim between the side and center of your finger. Press down firmly until an audible click is heard.



Gently press the pricked finger from below the puncture site to allow for a large drop of blood to form.



Apply a hanging drop of blood. Apply the blood drops on the filter paper. Make 8 blood spots in total, 10 mm in diameter each. Make sure blood saturates through to the back of the filter paper.



Once specimen collection is completed, apply the provided bandage to the puncture site.



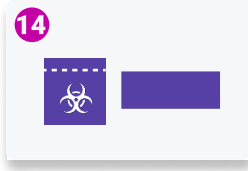
Prop the filter paper up and let air dry for at least 3 hours. Keep the filter paper away from moisture and sunlight.



Once fully dried, insert filter paper into the envelope. Important: Do not fold the filter paper.



Place the envelope and the silica gel desiccant packet in the ziplock top biohazard specimen bag.



Seal the ziplock top biohazard specimen bag and place it in the bubble out bag.



Seal the bubble out bag then place it into the corrugated cardboard box mailer for shipping.



Attach the “Exempt Human Specimen” label on the top side of the corrugated cardboard box mailer.



Use the tamper evident security tape to seal the corrugated cardboard box mailer.



With a permanent marker, write down the selected nearby lab's address on the cardboard box and ship it immediately using the overnight delivery shipping service. You DO NOT need to mention your name, address, or any personal information anywhere.