

Thank you for taking part in this important UK Biobank research. The information we collect will be used to improve understanding of the COVID-19 pandemic and to manage the outbreak.

Getting ready



Aim to collect and post your sample on the day requested in your email. If this isn't possible, don't worry. Simply take your sample and post it when you are able – aim for Monday to Thursday to ensure our laboratory receives your sample when it is open.



Choose a time when you have been up for a little while and have been moving around. Don't rush - take your time and be comfortable.

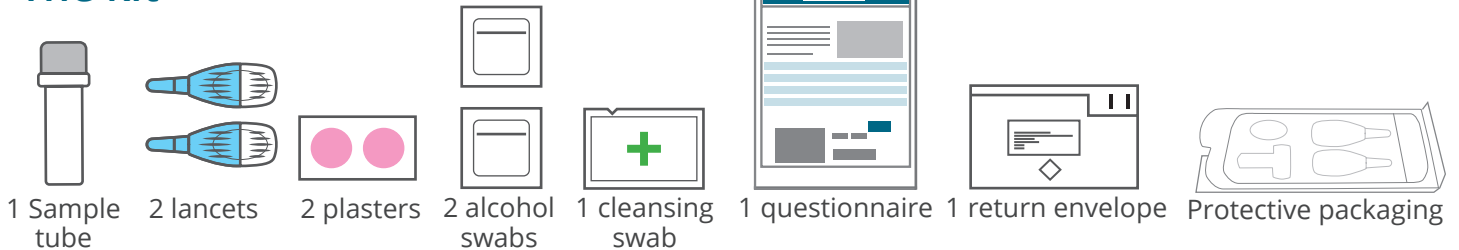


It's important to be well hydrated - drink two glasses of water about 30 minutes before you provide your blood sample.

Take a look at our short video:

<https://www.ukbiobank.ac.uk/coronavirus-research-how-to-take-a-sample/>

The kit

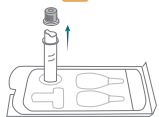


Please keep all components of the kit together and do not use parts from other kits when taking your sample. Please return used lancets when you return your sample. Unused lancets may be kept as spares and returned to UK Biobank in your sample packaging when no longer required.

Preparing yourself



Get your blood pumping: climb the stairs once or twice (if you are able), march on the spot, rotate your arms or vigorously shake your hands for a minute or two.



Prise off the cap of the collection tube and place in the tube holder section of the protective packaging.

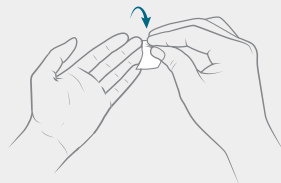


Soak your hands in a bowl of warm water for about two minutes (making sure it is not too hot), and dry them.

Taking your sample

Step 1

Choose a finger. The ring or little finger on your non-dominant hand usually works best.



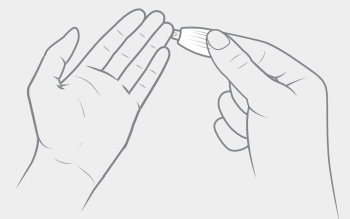
Clean the finger with the alcohol swab.

Step 2

Twist the cap from the lancet.

Place the lancet against the side of your fingertip.

Press down firmly to pierce the skin.



Step 3

Wipe the first drop of blood away with the cleansing wipe.

Massage from the palm of your hand to about halfway down your finger.

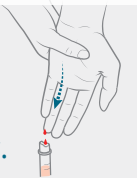


Step 4

Let the blood run into the tube. Fill the tube up to the 0.5ml line (or as close as you can).

If the blood stops, repeat the process with the second lancet on a different finger.

Don't massage too hard

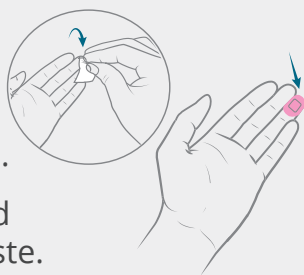


Step 5

Clean your finger with the cleansing wipe.

Put a plaster on if needed.

Discard wipes and unused plasters in household waste.



Step 6

Press cap until it clicks. Slowly turn the tube over and back 10 times, but do not shake it.

This needs to be done as soon after the collection as possible.



Had trouble collecting your sample?

I haven't been able to fill the tube, should I still send my sample in?

Yes. If you are unable to fill the tube to the required level after two attempts, please still send us the sample that you have been able to collect.

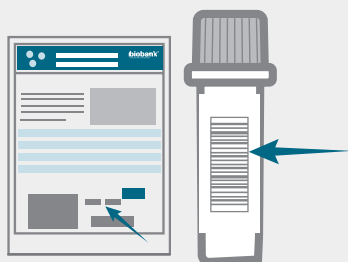
I have had problems with the lancet and need another

Please request a replacement kit by visiting <https://biobank.ndph.ox.ac.uk/covid19/kitproblem>

Label, pack and post

Step 7

Peel the sample label off the questionnaire and apply it to your sample tube, so that the numbers run along its length.



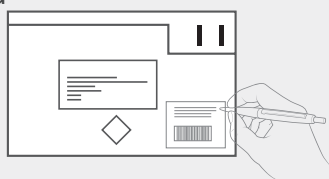
Step 8

Please complete the printed questionnaire if you were unable to do it online. If you completed the online questionnaire, just write the sample collection date on the printed questionnaire.



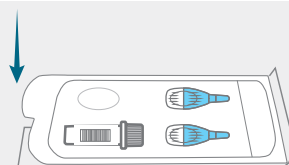
Step 9

IMPORTANT: Please record the date and time of the sample collection on the sticker on the return envelope.



Step 10

Enclose the tube and used lancets in their protective packaging. Close the packaging lid. Put questionnaire in the envelope and seal the envelope. Wipe the outside of the packaging and return it to us.



Checklist

- | | | |
|--|--|---|
| <input type="checkbox"/> I've completed the online OR the paper questionnaire. I have put my paper questionnaire - even if I have only entered the collection date - in the return envelope. | <input type="checkbox"/> I've put the sample label on my tube. | <input type="checkbox"/> I've completed the date and time of sample collection on the return label. |
| <input type="checkbox"/> I've put my tube and lancets in to the protective packaging. I have discarded any other leftover kit parts in my household waste. | <input type="checkbox"/> I've wiped the package. | <input type="checkbox"/> It is important to send on the day of collection. |

Posting your sample back to us

Please aim to post your sample in a post box and not over the counter at a Post Office. Currently, not all post boxes offer a daily pick up. If possible, please post your sample in a priority postbox. These are labelled with a priority postbox sticker. For more information, please visit <https://www.royalmail.com/services-near-you> If you are self-isolating, please ensure that someone else is able to post the packet for you.

Thank you

Contact us: 0800 0 276 276 Mon-Fri 9am-5pm

Web: www.ukbiobank.ac.uk Email: ukbiobank@ukbiobank.ac.uk

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Improving the health of future generations

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