

VIVID: FINGERPRICK BLOOD COLLECTION VIDEO SCRIPT

- How to complete the fingerprick blood collection for the VIVID trial.
- With clean hands, lay out all the supplies from the blood collection kit for easy access.
- Open all packages.
- The alcohol swab.
- The lancet. Remove the cap from the lancet by gently twisting on the tip of the lancet.
- The gauze pad.
- The band-aid.
- Remove the sampling card from the foil pouch.
- Open the card so it's ready for the samples. Do not touch the inlet area on the card - the area with the two smaller blue dots.
- Wash your hands with warm water and soap for at least 20 seconds.
- Dry thoroughly before testing.
- You should let your hands hang down by your side and shake them to get the blood flowing.
- Select the fingertip you will use to collect the blood.
- Avoiding using the pad or center of your fingertip and any areas that are scarred.
- Testing on the side of your fingertip will be more comfortable than pricking the pad.
- Disinfect your fingertip with the alcohol swab.
- Apply pressure to the fingertip to force blood into the area.

- To release the needle to stick your finger, **FIRMLY** push the lancet against your fingertip.
- Wipe away the first drop of blood that forms with the gauze pad.
- If you have problems getting a bead of blood to form, hang your hand down by your side, below your waist.
- Milk or massage your finger to help stimulate blood flow.
- Wait for a large drop to form.
- Apply the drop of blood to one of the small blue dots on the sampling card.
- When another large drop forms, apply to the second small blue dot on the sampling card.
- The size of the blood drop should be similar to the size of the small blue dot on the sampling card.
- In about 20 seconds, the blood travels to the area on the card with the larger blue dot.
- Confirm that you have obtained a large enough blood sample by checking that the large blue dot is completely covered.
- You can compare the sample to the examples on the printed instructions.
- Using the gauze pad, wipe away any remaining blood on your fingertip and press to stop the bleeding.
- Apply the band-aid.
- Allow the blood to dry for a few minutes.
- Once dry, close the sampling card by removing the paper over the adhesive seal and press down on the tab to seal the card shut.

- Attach the barcoded id label to the front of the card.
- Insert the sampling card into the cardboard drying and return pouch.
- Carefully close the pouch.
- Place the return pouch with the sampling card into the prepaid self-addressed envelope and seal the envelope.
- The envelope can be returned by regular mail.

We are grateful to you for considering participation in the vitamin D for COVID trial and hope we can work together to get these important answers. **THANK YOU!**