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!