



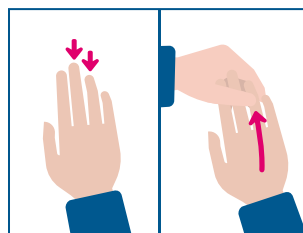
Instructions for taking finger-prick blood sample

We ask you to collect several drops of blood in a tube. This can be done by a prick on the finger. You can do this yourself, or have someone help you if you prefer. We will explain how to take the blood sample step by step. Go through all the steps.

See www.rivm.nl/en/pienter4 for an instruction video with explanation and frequently asked questions.



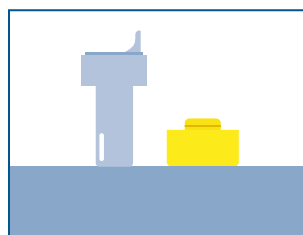
- 1 Wash your hands with soap and water. Dry your hands with a clean towel. Clean the finger you are going to prick with the alcohol swab.



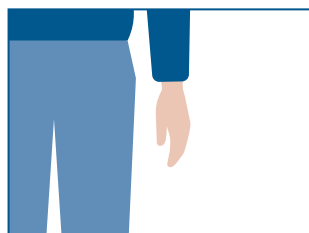
- 4 Massage the finger you want to prick. The ring and middle finger are the least sensitive. Massage the fingers by rubbing from palm to fingertip for 20 seconds.



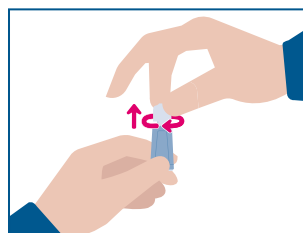
- 2 Fill a glass with warm water. Hold the glass for at least 2 minutes with the hand that you are going to prick. This will help to increase the blood flow in your hand.



- 5 Sit down at a table. Take the miniature tube and pull off the cap. Place the cap upside down next to the tube.

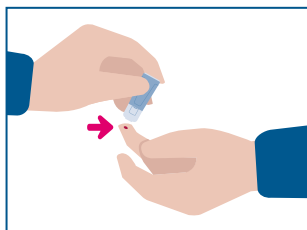


- 3 Now let your hand hang down for 1 minute to further increase the blood flow.



- 6 Remove the cap from the finger-pricker by pulling it upwards while turning it. **Note: The finger-pricker is intended for single use only. Do not touch the tip (this activates the pricking mechanism).**

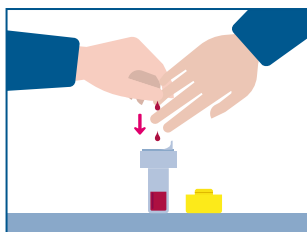
See reverse side for further steps.



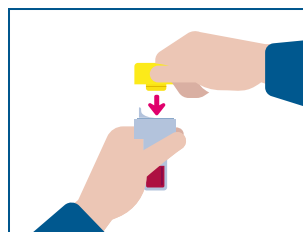
- 7** Place the finger that you want to prick on the table. Prick one of the sides of the finger tip. The sides are the least sensitive. You can also ask someone else to prick you. Push the finger-pricker firmly against the finger. You will now feel a prick.



- 9** If necessary, clean your finger with the gauze pad. Apply a sticking plaster to the wound. **If you were unable to collect enough blood, use a new finger-pricker on another finger and repeat steps 6 to 9.**



- 8** Hold your hand with your fingers pointing down over the tube. Massage your finger from palm to fingertip until a drop of blood is formed. If necessary, scrape off the drop on the rim of the tube. Try to fill the tube as much as possible (at least 10-20 drops and up to the top line).



- 10** Push the cap firmly onto the miniature tube.



- 11** Pack up the collected bodily materials and send them off. The instructions and materials required for packaging and shipping are included in the package.