



### Directions for Collecting Nose Samples

You have completed the questionnaires and are now ready to take nose samples from yourself and other family members in the HEROS study.

Click on the [Save & Return Later](#) button.

This is step by step instructions on how to do the nose collection. Any questions contact your study staff.

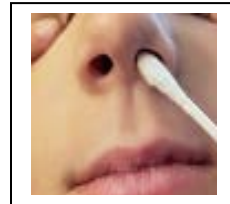
Please look on the HEROS website, if needed to see the step by step video for collecting nose samples.

**Prepare for Collection from each family member in the HEROS study**

- Find a place in your home with good lighting and a seat that is out of the reach of children.
- **Be sure children are not able to reach the supplies as drinking or touching the liquid in the tubes could cause harm.**
- Place a paper towel or kitchen towel on a flat stable surface.
- Open the collection box and remove the following items and place on the towel:
  - Mask and Gloves
  - 1 nose sample box (with a bag of swabs, labeled tubes, alcohol swabs and a return mailing box)
    - Note the COLOR typed on each label and be sure to use the matching color shown on the **Color Chart** on your refrigerator from the Welcome letter.
- Wash your hands.
- Put on gloves
- Put on mask if you are doing nose collection on another family member. **Keep this mask for future collections.**

#### Follow these instructions for family members ages 10 and under:

- Take the nose swab out of the individual packaging, being careful not to touch the end of the swab to any other surface.
- Tilt your child's head back gently and hold the chin with your other hand.



- Place the cotton part of the swab into the front part of one side of the nose. *The swab should be inserted just until the cotton tip is inside the nose.*

- Turn the swab gently inside the nose twice.
- Remove the swab from the nose and place inside the other side of the nose.
- Turn the swab gently inside the nose twice.
- Open the labeled tube with the correct COLOR on the label and place the swab inside.
- Twirl the swab in the liquid to thoroughly wet the swab.

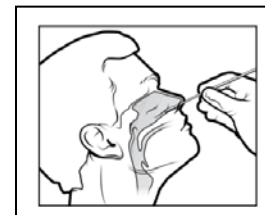


- Break off the swab where there is an indent, leaving only the swab tip in the liquid.
- Tightly screw on the cap and turn the tube over several times.

- Lay the tube on the paper towel and collect a nose swab from the next participant following the instructions for the appropriate age group.
- Once all specimens are collected, open an alcohol swab and wipe down the tubes.
- Gather up trash and throw away. Remove gloves and throw away.
- Take a picture of your samples together on the towel with barcode label facing up.

#### Follow these instructions for family members ages 11 and over:

- Open the nose swab package taking care not to remove the swab completely from the package.
- From the end of the cotton tip measure two fingertips up the swab.
- Hold the swab at that place with your thumb and forefinger. DO NOT touch the cotton part with your finger.
- Take the nose swab out of the individual packaging and do not allow the cotton tip to touch anything but inside the nose.
- Tilt the head back. If needed support the head with your other hand.
- Insert swab slowly and gently straight back into one side of the nose until your fingers touch your nose.



- Hold swab in place for 3 seconds.
- Rotate swab twice then keep rotating while slowly pulling it out of your nose.
- Just swab one side of nose.

- Open the labeled tube with the correct COLOR on the label and place the swab inside.
- Twirl the swab in the liquid to thoroughly wet the swab.



- Break off the swab where there is an indent, leaving only the bottom of the swab in the liquid.
- Tightly screw on the cap and turn the tube over several times.
- Lay the tube on the towel and do the next nose collection.

- Once all specimens are collected, open an alcohol swab and wipe down the tubes.
- Gather up trash and throw away. Remove gloves and throw away.
- Take a picture of your samples together on the towel with barcode label facing up.

#### Enter Samples in the HEROS Website

- After collecting all samples, click the link in the text message or email that you received to enter the sample information.
- Enter the number on each tube matching the correct COLOR and family member's name in sample barcode box.
- On the bottom of the survey page, click "Upload file" and follow the instructions to send the picture of the collected samples you just took.
- Once all nose samples are entered, click **Submit**.
- If additional samples are needed, the HEROS website will let you know.
- Once completed, you can now close the study website.

#### Package Your Samples

You will mail all of the samples in the provided pre-paid shipping box once you have finished collecting. You are welcome to store samples in the provided shipping box until you are ready to mail it.



- Place the nose samples collected from each family member in their own slot in the Aqui-Pack. Add the stool (poop) to the Aqui-Pack when asked to collect.
- Wrap the bubble wrap around the Aqui-Pack.
- Place the Aqui-Pack in the biohazard bag and seal.
- Place the biohazard bag in the postage-paid shipping box provided.

- Seal the box.
- Mail all of the samples at the same time whenever possible.
- Wash your hands after you pack and seal the box.
- Mail in your mailbox or Post Office.
- Mail the same day or the next day.