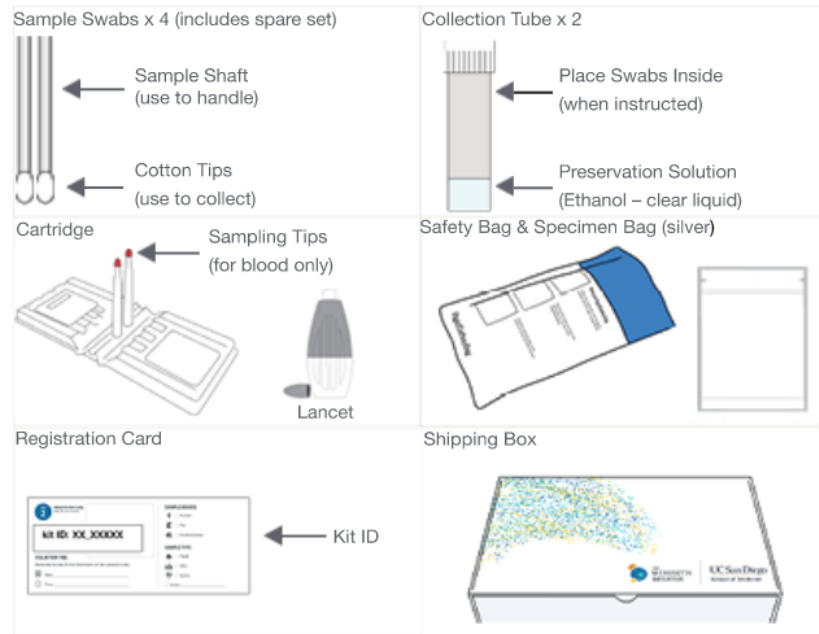




Instructions - California Teachers Study

This Collection Kit contains the following:



1 Read Instructions

Please read all the instructions (front to back) before collecting a sample. If you have any questions, please email microsetta@ucsd.edu

2 Create Profile

Approximate time - 20 minutes. Visit <https://microsetta.ucsd.edu>. Click on the "Sign Up/Login" button, then click on "Sign Up." Create a login by filling out the form with an email address and a password on the next page.

If you have already set up an account with Microsetta: Click on "Sign In" and skip to step 3

You will then receive an email to confirm your account. If you do not receive this email, please contact microsetta@ucsd.edu so we can help assist you.

The email contains a link to continue creating your account. Select "Click here to create a new account." Fill out the form, and in the "Kit ID" field, enter your Kit ID, included on your registration card found in the kit's sleeve for Step #2. Click "Submit." Select the appropriate age range and fill out the consent form. Next, fill out the Microsetta survey, followed by the COVID-19 Questionnaire and click "Submit Survey."

On the next page, click on your name (highlighted in blue) to select the sample source. Enter in your kit ID in the text input field. Click "List Samples," confirm that the barcodes match up with the barcodes on your collection tubes and silver bag (for blood collection) and select the samples by clicking the checkboxes. To finish, click "Claim Selected Samples."

3 Collect Sample

This study requires three specific human samples: Fecal, Blood, and Saliva. Ideally, kits should be returned within **48 hours** of sample collection. We recommend collecting your fecal sample first. Samples can be stored at room temperature and do not need refrigeration.

Place the collection tube in the built-in tube holder, found inside the box on the lower left-hand corner. The tubes are interchangeable for use with any sample, excluding blood. Sample swabs are only needed to take the fecal sample; a spare set is included for your convenience.



Open the sample swabs, and make sure to handle them at the ends of the shaft only. **Avoid touching the cotton tips.**

Fecal Sample

If taking a fecal sample, take sample swabs out of the packet. Rub both cotton tips over the fecal specimen - ideally from a used piece of toilet paper.



- Saturate at least half of the cotton tips. Do not oversaturate the sample.

- If you have a hard specimen, rub enough on both sides of the cotton tips to get a light smear.

❌ DO NOT

- Do not provide excess material.
- Do not collect any urine in your sample.
- Do not fish out fecal specimens from the toilet bowl.



After collecting the sample, place the sample swabs (cotton tips face down) into the collection tube with the preservation solution. Tighten the cap onto the tube, making sure no content can leak out. Wash your hands.

Blood Sample

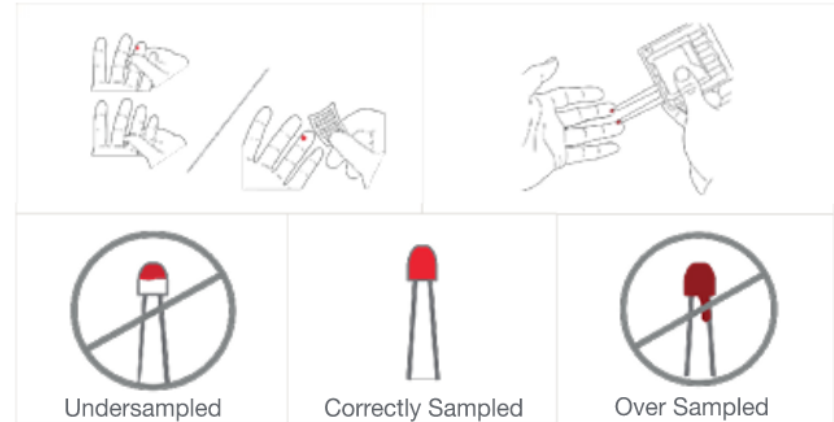
Before you start to take your sample, please prepare by doing the following: 1) Unpack the kit materials and place them in a clean area. 2) Twist off the lancet cap and set aside. 3) Remove the cartridge from the specimen bag, do not remove the desiccant. 4) Open the cartridge.

If you have the following available at home, set out some gauze/tissue and some adhesive bandages (not included).

- Wash hands with soap and water. Rub hands together to warm.
- Rest the hand you're sampling down palm facing up. Prick finger by pushing down on the lancet until a click is heard.



- If needed, massage pricked finger upward until blood drop appears. Wipe away the first drop with some tissue or gauze (not included).
- Touch sampling tips to blood drop, as shown. Watch each turn fully red, count two seconds, and remove. It is OK to apply tips to blood many times to fill.



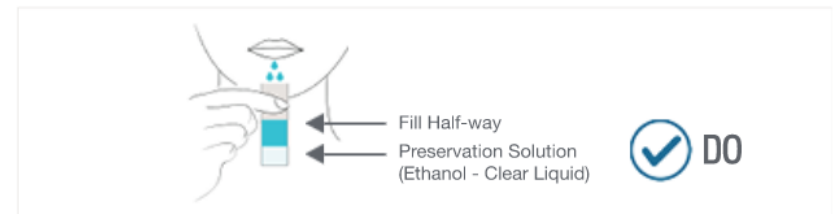
- Set the cartridge down, wipe away blood, and if using - apply bandage.
- Close cartridge. Lift both sides of cartridge upwards to meet at the top and press tabs together until a click is heard. Throw away your lancet.
- Insert cartridge into specimen bag, seal bag shut.

Saliva Sample

Please note: If taking a saliva sample, swabs are not needed.

✅ DO

- To begin cough deeply 3-5 times. Spit out the saliva generated into the sample collection tube. Continue filling the tube on top of the preservation solution. Continue spitting until the tube is approximately half-way full of saliva - bubbles don't count!



❌ DO NOT

- Do not eat, drink, or chew gum for **two hours** before sampling.



4

Record Sample Information

Approximate time - 30 minutes.

For personal use only. Record the barcode number (found on the collection device), date, time, and the sample type taken on the registration card. You do not need to fill this information in on the collection tube.

Keep the registration card for your records.

Then, go to <https://microsetta.ucsd.edu/home> and log back in. Click on the button for your account, then click on your name in the source list. Click on the link for the barcode number matching the number on the collection device. Edit Sample information and click "Update". Click on the link for the Food Frequency Questionnaire (known as an FFQ) to fill out an additional questionnaire about your dietary habits. The FFQ is optional. If taken, please only do it for a single sample.

5

Return Sample

Check that the tubes are tightly closed and do not leak. Place the collection tubes into the safety bag provided and seal it. Place the **safety bag and the silver specimen bag (with the blood sample cartridge inside) into the cardboard box** you received (do not use the outer sleeve), and close it. If you have adhesives (such as tape), we recommend using it to seal the box tightly. Samples must be returned within **48 hours** of sample collection.

To return your kit, please visit: <https://microsetta.ucsd.edu/pickup>

If your Microsetta kit **DOES HAVE** a pre-affixed and prepaid shipping label, please schedule a FedEx pickup by calling **1-800-463-3339**, or drop off your box with a FedEx center (<https://fedex.com/locate>). Do not cover or modify the shipping label, or any other regulatory markings.

If your Microsetta kit **DOES NOT HAVE** a shipping label, please visit this website and provide the requested information to schedule your kit for pick up: <https://microsetta.ucsd.edu/pickup>. FedEx will handle affixing the proper shipping labels. Do not cover or modify any of the other regulatory markings on the kit.

Processing Time for Samples

The average processing time for fecal samples is between one to three months. Other sample types (skin, saliva, and more) may require more time.



WARNING: CHOKING HAZARD

Small Parts, Adult Supervision Required.

The Microsetta Initiative is a research effort that produces de-identified open-access data. The results you receive in exchange for participation are not for medical diagnosis or advice. We do not offer medical recommendations or clinical services.

The Microsetta Initiative complies with UC San Diego's privacy policy and ethical regulations to ensure that your data is protected.

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