

# How to Take a **Blood Sample** at Home with the Tasso-M20 Kit



Before you open the Tasso box in your kit, read this entire booklet and watch the video to learn the steps to take your sample.



**RECOVER**

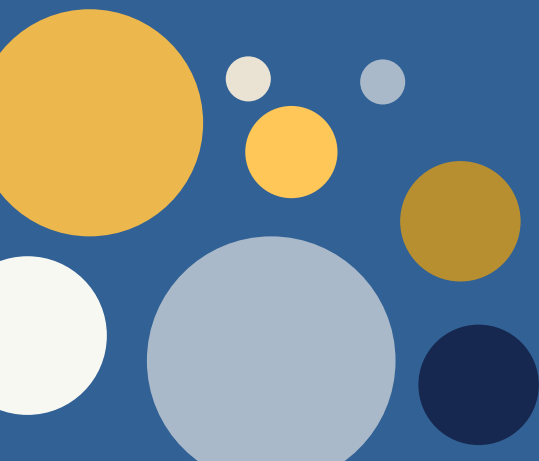
Researching COVID to Enhance Recovery

*An Initiative Funded by the National Institutes of Health*

[RECOVERcovid.org](https://RECOVERcovid.org)

# This booklet tells you how to:

- Prepare to take your blood sample \_\_\_\_\_ Page 5
- Tips to help you take your sample \_\_\_\_\_ Page 6
- Take your blood sample \_\_\_\_\_ Page 8
- Pack and mail your sample \_\_\_\_\_ Page 10



# Thank you for being part of the RECOVER study!

You're helping us learn about the long-term health effects of COVID. We will test your blood sample to learn if you had COVID in the past.

## What's in my Tasso-M20 kit?

### Your Tasso-M20 kit contains:

- This booklet, with a Blood Sample Timecard on the back that you'll mail back with your sample
- Tasso OnDemand box with the Tasso device and "Instructions for use" inside
- Paper with 2 label stickers. You will stick 1 label on your sample, so we know it's yours. The 2<sup>nd</sup> label is an extra, in case you have a problem with the 1<sup>st</sup> label.
- Pre-paid return envelope to mail back your sample



If more than one person in your house is in the RECOVER study, you will each get your own Tasso-M20 kit.

If your child is in the study, use the kit with the "ADULT" sticker first to take your blood sample. Then, use the kit with the "CHILD" sticker to take your child's blood sample.



## How much time will I need to take a blood sample?

- It will take about 15 minutes to read these instructions, watch the video on how to use the Tasso-M-20 device (see page 5), and take a blood sample with the Tasso device. It takes the Tasso device about 5 minutes to take your blood.
- Please plan to take your blood sample as soon as you get your Tasso-M20 kit.

## How much blood do I need to give and will it hurt?

The Tasso device takes a very small amount of blood (less than one teaspoon or about 5mL). It is safe and feels like a small pinch.

# Prepare to take your blood sample

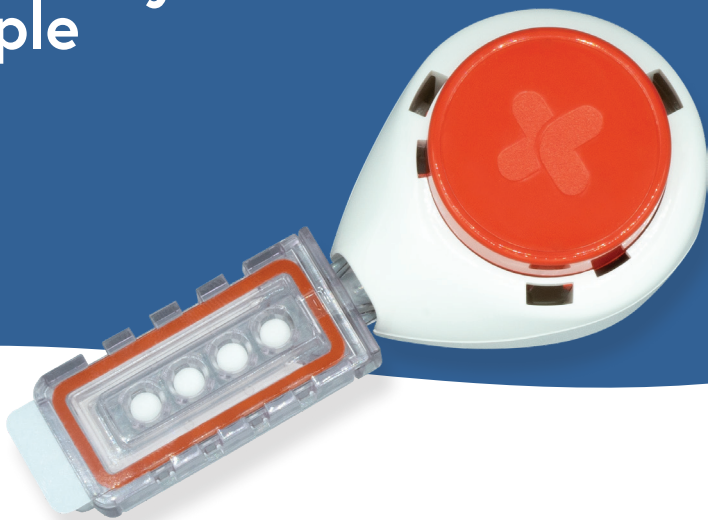
- Check the kit to make sure:
  - It has your address on it
  - The paper inside with label stickers has your name on it – this is how we link your blood test results to you. **Do not** use the kit if it does not have your address or name on it. Call the study staff at your site to ask for a new kit.
- Do not take your sample on a Saturday – only take your sample on a Sunday through Friday, so you can mail your sample within 24 hours.
- Open the Tasso OnDemand box and unfold the "Instructions for use", which tells you how to use the Tasso-M20 device to take your blood sample.



Scan the QR code to watch a video on how to use the Tasso-M-20 device.



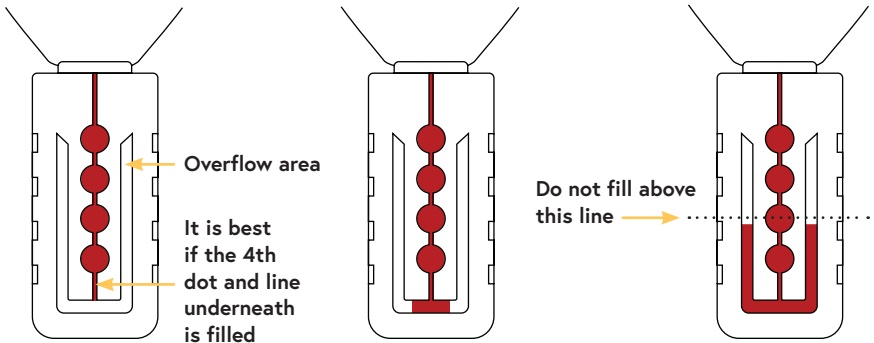
# Tips to help you take your sample



- Before you clean your arm, **rub your arm** below your shoulder until it feels warm. This helps your blood flow better.
- **Watch the device fill with blood** to make sure you get the right amount. **Get ready to pull the device off your arm when blood has filled the 4th dot so you don't overfill it.** It may take **less than 1 minute** to about 5 minutes.
- If there is not enough or too much blood in the device, researchers can't use it for blood tests.
- When taking your child's blood sample, help them stay still while the Tasso device is filling by reading a book, talking with them, or having them watch a video.



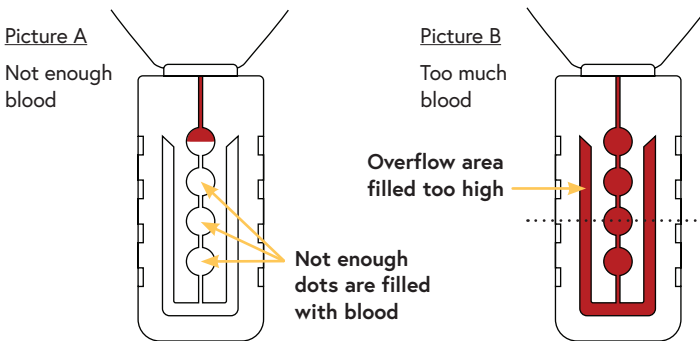
## Examples of the right amount of blood



The 3 pictures above show what the device looks like when filled with the right amount of blood. All 4 dots and the line to the overflow area should be filled with blood. Blood should not fill the top half of the overflow area.



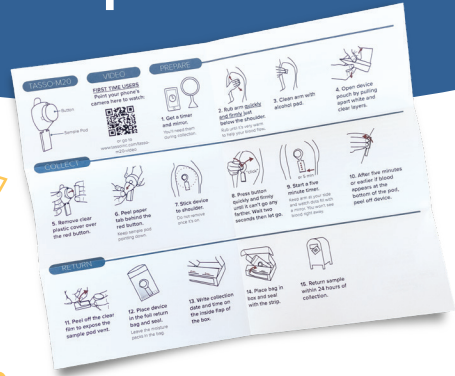
## Examples of the wrong amount of blood



The 2 pictures above show what the device looks like when filled with the wrong amount of blood. Picture A shows a device that is **not filled with enough blood**. Picture B shows a device that is **filled with too much blood**.

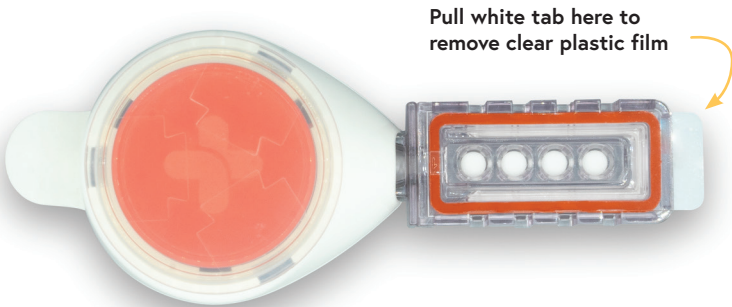
# Take your blood sample

Follow steps 1-10 in the "Instructions for use" to **"Prepare"** and **"Collect"** your blood sample



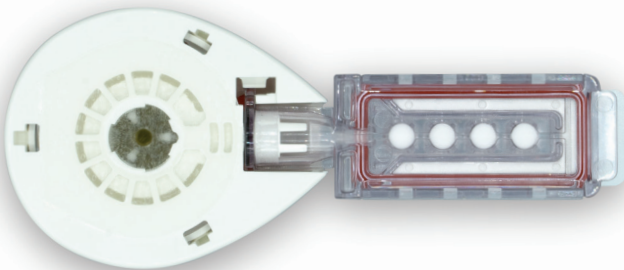
Follow step 11 under **"Return"**

Be sure to peel off the clear film so the sample pod vents are open to the air. The dots are vents that let air into the device to dry your blood.



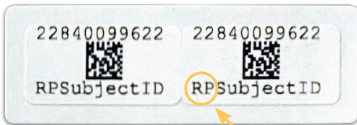
## Stop and put your study label on your device

- Turn the Tasso device over, so the red button is facing down.



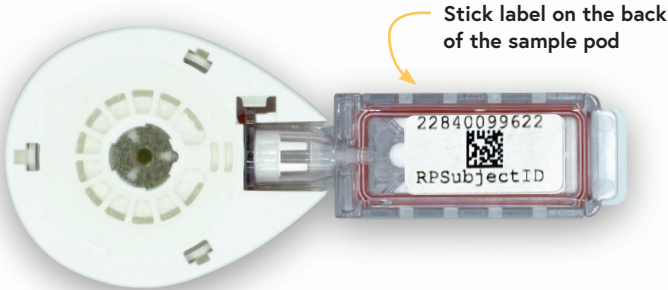


- Peel 1 of the 2 label stickers from the study paper. The label has a QR code and letters and numbers on it. This is how we link your blood sample to you.



Your Child's label sticker will have a code that starts with "RP" and your Adult sticker will start with "RC"

- Stick your study label on the back of the sample pod – do not stick the label on top of the vents on the sample pod.



## Follow step 12 to put the device in the foil return bag

Place your labeled Tasso device in the corresponding box that is labeled with your subject ID.

## Follow step 13 to write the date and time

Write the date and time you took your sample on:

- The inside flap of your Tasso OnDemand box
- Your Blood Sample Timecard (cut out the Timecard on page 11 of this booklet)

# Pack and mail your sample

Mail in your sample even if you're not sure if you filled it with the right amount of blood. We'll let you know if you need to take another sample.

## Follow step 14 to pack your sample

- Place the sealed foil return bag and your Blood Sample Timecard (which you cut out from the next page) in the Tasso OnDemand box. Be sure to put your Tasso device in the box that says "ADULT" and your child's Tasso device in the box that says "CHILD".
- Seal the box with the strip.
- Place the box in the pre-paid return envelope.



## Follow step 15 to mail your sample

Mail the envelope at a United States Post Office (USPS) or USPS mailbox within 24 hours of taking your sample.

Thank you  
for being a  
part of the  
**RECOVER**  
study.

## Blood Sample Timecard

Write down the date and time you took your blood sample below. Put this card in your Tasso OnDemand box with your sample.

Date (mm/dd/yyyy) \_\_\_\_\_

Time of day \_\_\_\_\_

check one  AM  PM

Check your time zone

- Eastern  Central  
 Mountain  Pacific  
 Hawaii-Aleutian

Do not write your name, date of birth, or anything else about you on this card.



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## Questions or need help?

If you have questions or need help using your Tasso-M20 kit, contact Tasso's customer service team:

**Call Tasso:**  
408-708-8451

**Email Tasso:**  
[customerservice@tassoinc.com](mailto:customerservice@tassoinc.com)

Cut along line and send  
it in with your sample.

