

### Need help?

Scan the QR code to visit [growingup.co.nz/beyourownscientist](https://growingup.co.nz/beyourownscientist) which has answers to frequently asked questions, videos and more pictures showing how to take the samples.



# Be your own scientist!

Thank you for taking part in *Growing Up in New Zealand's* 'Be Your Own Scientist' activity. You are helping us learn more about health conditions that affect New Zealand children.

## What are we asking you to do?

We would like you to collect three skin samples from your child in the study. We are asking you to collect samples from:

1. Skin on the **INNER ELBOW**
2. Just inside the **NOSE**
3. Inside of **THROAT**

Don't worry if you can't collect all three samples, just let us know in the Extra Information Sheet that has been sent to you with your kit and send it back with the samples in the pre-paid courier bag.

## Here's what's in your sample pack

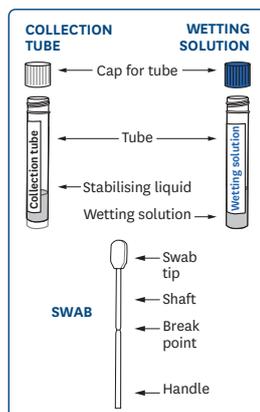
A courier will deliver your sample pack which includes:

- Swab kits x 3
- Colour coded stickers for labelling sample tubes and a sticker guide sheet
- Biohazard bag
- A return label for you to affix to the pre-addressed return courier bag
- Extra Information Sheet
- Small pack of tissues
- Pen
- Sealable rubbish bag

## Getting ready to collect your samples

Please read through the general instructions below and then turn the page for specific instructions about collecting samples from each site.

1. Make sure you have a clean flat surface to place the kits.
2. Wash your hands.
3. Get your three sample kits out and ready. Each kit contains a collection tube, wetting solution, and swab.
4. Write the date on the Extra Information Sheet.
5. Make sure your child is sitting comfortably on a chair.
6. If your child has a blocked or runny nose, please ask them to blow their nose using the tissues provided.



## Extra Information Sheet

Please complete the Extra Information Sheet to let us know how your sample collection went. Let us know if:

- Your child has washed or applied any creams or medication to the skin area in the last 5 hours or recently used antiseptic mouthwash.
- The nose sample is not collected according to our instructions (i.e., both nostrils couldn't be swabbed).
- Your child has a sore throat at the time of collection or you touched another part of the mouth with the swab.
- Your child has had COVID-19.

## Packing and sending us your samples

Stick the yellow biohazard sticker from your sticker sheet onto the biohazard bag (see image).

1. Make sure that all three of the sample collection tubes are in the biohazard bag and seal it. Put any packaging in the plastic waste bag provided and put in your rubbish bin.



2. Complete the Extra Information Sheet then place with the biohazard bag into the pre-addressed courier bag. Any unused swabs or stickers can also be put into the courier bag.



3. Keep the courier bag with the samples in a secure location until you can take your courier bag to your nearest NZ PostShop or visit [nzpost.co.nz/tools/bookpickup/address](https://nzpost.co.nz/tools/bookpickup/address) to book a parcel pickup.

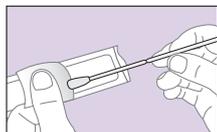
The samples should be kept at room temperature, but avoid leaving in direct sunlight. Please send your samples within **ten days** of collection so that they can be prepared and stored for later use.

## To prepare for each swab sample follow steps 1-3 below

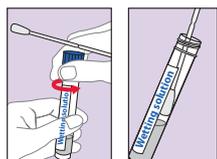
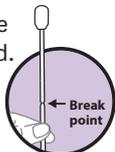
Read the instructions for collecting each sample here.



1. Remove the wetting solution (blue lid) and collection tube (white lid) from the packaging and set aside on your clean flat surface for later use.



2. Locate the swab and open the packaging from the handle end. **IMPORTANT:** Do NOT touch the swab tip or hold the swab above the break point.

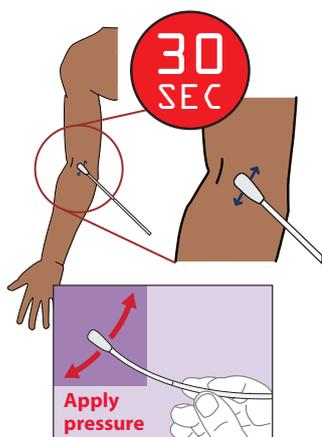


3. Pick up your **wetting solution** tube (blue lid) and carefully remove the lid. Dip the entire swab tip into the **wetting solution**. Discard any remaining wetting solution and tube. Immediately follow instructions below to collect your sample to avoid letting the swab dry.

### Tips

- Do one sample at a time
- To ensure successful collection, apply generous pressure on the swab tip. The swab may bend significantly but will NOT break.
- Try NOT to touch the swab tip to any other surface other than the collection site.

## SWAB 1 – Inner Elbow Skin Sample



1. With one hand, gently stretch the skin taut (swab only the right arm– if not possible, swab the left arm, but make a note in the Extra Information Sheet).
2. With the other hand, hold the swab so the shaft of the swab is parallel to the skin surface and rub the swab tip across the area for **at least 30 seconds**.
3. Place the swab in the collection tube with the white lid.
4. Remember to break off the swab away from your face and your child's face.
5. Securely close the tube using the white lid.
6. Stick the blue SKIN label lengthways on the collection tube (see image).
7. Fill in Extra Information Sheet.

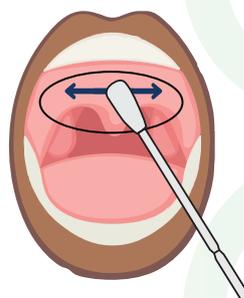


## SWAB 2 – Nose Sample



1. Ask your child to raise their chin and look up.
2. Insert the swab approximately 1cm into the right nostril (see image).
3. Using a twisting motion gently rotate the swab against the inside of the nostril for at least **three seconds**.
4. Using the same swab, repeat for the other nostril.
5. Place the swab in the collection tube with the white lid.
6. Remember to break off the swab away from your face and your child's face.
7. Securely close the tube using the white lid.
8. Stick the orange NOSE label lengthways on the collection tube (see image).
9. Fill in Extra Information Sheet.

## SWAB 3 – Throat Sample



1. Ask your child to tilt their head back and open their mouth as wide as possible.
2. Quickly and gently swab across the rear of the throat near the tonsils (see image). Go back and forth across the area **at least three times** and make sure to roll the swab so all sides are used. Try not to swab tonsils or touch other areas like the cheeks and gums (if a little contact occurs– i.e., if your child moves– continue as normal).
3. Remove the swab quickly and place it in the collection tube with the white lid.
4. Remember to break off the swab away from your face and your child's face.
5. Securely close the tube using the white lid.
6. Stick the green THROAT label lengthways on the collection tube (see image).
7. Fill in Extra Information Sheet.

If you have any questions about any part of this sample collection or this part of the study please call us on freephone 0508 476 946 (0508 GROWINGUP), email us at: [contact@growingup.co.nz](mailto:contact@growingup.co.nz) or visit our website at [www.growingup.co.nz/beyourownscentist](http://www.growingup.co.nz/beyourownscentist)