

Group 1 – INCLUDES PREPAID POSTAGE



Dear Participant,

Welcome to our **Stop the Spread Ottawa** study!

We want to thank you for taking your time to make our research possible.

WHY STOP THE SPREAD OTTAWA?

Through collecting blood, saliva and/or sputum, and questionnaire responses from 1000 members of the Ottawa community over 10 months, our research team hopes to achieve the following:

- 1) Reduce spread of the COVID-19 virus.
- 2) Learn more about the numbers of people infected by COVID-19.
- 3) Test antibodies in the blood of people who have been infected with COVID-19.
- 4) Gain important information about immunity to COVID-19, and how long this protection will last.
- 5) Assess psychological and socioeconomic impacts of the pandemic.
- 6) Gain new knowledge that will help vaccine developers to create vaccines.

As a participant, your contribution is invaluable. It is through your commitment to completing monthly study tests that we will gain important information about how best to protect everyone from COVID-19 spread and infection, and pandemic impacts on the Ottawa community.

Visit our **STUDY WEBSITE** (<https://omc.ohri.ca/SSO>) anytime for more information.

Here is a summary of what you will do over the next 10 months:

Month 1:

Your first month is very busy, there are lots of **tests!**

- ✓ If you are reading this, you should have already had your **blood drawn**.
- ❑ As soon as possible, please complete the **baseline questionnaire**. This questionnaire is the longest in the study and will take approximately 25-30 minutes. You can access this questionnaire through our website.
- ❑ **Collect your first Dried Blood Spot and saliva samples.** Use the procedure sheets in this kit (**Sample #1** and **Sample #2**) and our **online videos** (<https://omc.ohri.ca/SSO/pages/Participants.aspx>) to help you.

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How to Send-In Samples:

Throughout the study, you will mail your Dried Blood Spot and saliva samples to the following address:

Eastern Ontario Regional Laboratory Association
The Ottawa Hospital, General Campus
Box 115 - 501 Smyth Road
Ottawa, ON
K1H 8L6

Your Home Collection Box includes paid return postage for 10 envelopes.
1 envelope holds 1 Dried Blood Spot sample and 1 saliva sample.

*Important: Please date each Dried Blood Spot card and each saliva sample biohazard bag the day of collection!

Months 2-10:

- Continue to collect Dried Blood Spot and saliva samples **each month**.
- You will complete **follow-up questionnaires in Month 3 and Month 10** of your 10-month participation period. Each follow-up questionnaire will take you approximately 15-20 minutes. You can access these questionnaires on our website.

KEEPING TRACK OF DEADLINES

We will send you email reminders prior to and during a 7-day window for each study task. You can “check off” completion of each task through the link we send in your email reminder. If you do not check off a task by the end of the 7-day window, our study coordinator will contact you to offer assistance.

In this package, we have also provided you with a participant checklist for your own personal use.

WHAT IF I TEST POSITIVE?

In the event that you test positive for COVID-19, your contact information will be faxed to Ottawa Public Health, who will then follow-up with you. Our study coordinator will also be in touch.

QUESTIONS?

You can contact our study coordinator anytime with questions or concerns: email ecollins@ohri.ca, or call 613-737-8899 ext. 73612. Please use your unique identifier (not your name) when contacting the study coordinator.

Thank you for supporting COVID-19 research.

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PARTICIPANT CHECKLIST For your personal use. Feel free to hang on your fridge!

Month 1 Write date of your **Baseline Visit:** _____

- Baseline Visit:** Present at Riverside Campus Laboratory Services. Receive your Home Collection Box.
- At home, collect your first Dried Blood Spot and saliva samples.
- Mail in your Dried Blood Spot and saliva samples.
- Complete baseline questionnaire on our study website.

Month 2

- Collect and mail in your 2nd month Dried Blood Spot and saliva samples.

Month 3

- Collect and mail in your 3rd month Dried Blood Spot and saliva samples.
- Complete follow-up questionnaire on our study website.

Month 4

- Collect and mail in your 4th month Dried Blood Spot and saliva samples.

Month 5

- Collect and mail in your 5th month Dried Blood Spot and saliva samples.

Month 6

- Collect and mail in your 6th month Dried Blood Spot and saliva samples.

Month 7

- Collect and mail in your 7th month Dried Blood Spot and saliva samples.

Month 8

- Collect and mail in your 8th month Dried Blood Spot and saliva samples.

Month 9

- Collect and mail in your 9th month Dried Blood Spot and saliva samples.

Month 10

- Collect and mail in your 10th month Dried Blood Spot and saliva samples.
- Complete follow-up questionnaire on our study website.

You are done! You can expect a letter from our research team thanking you for all your time and efforts.

SAMPLE #1: DRIED BLOOD SPOT SAMPLE

These step-by-step instructions will help you to collect your first sample.

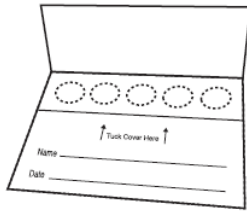

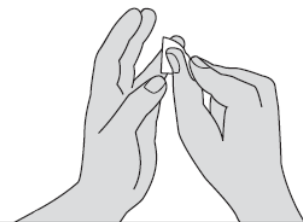
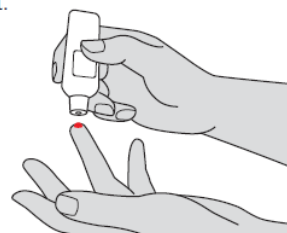
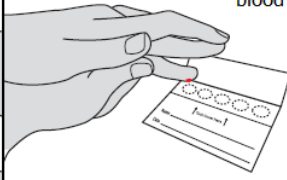
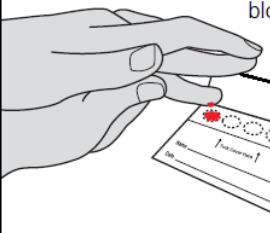
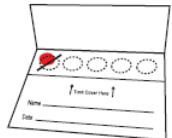

BE SURE TO WATCH OUR PROCEDURE VIDEO: <https://omc.ohri.ca/SSO/pages/Participants.aspx>

***Important!** After collecting your sample, leave your card out to dry for at least 3 hours before sending!

We recommend:

1) Collect your **Dried Blood Spot Sample** in the evening, the day before you mail in your samples. Leave your card out to dry overnight.

2) In the morning, collect your early-morning **Saliva Sample**. After, mail in both samples.

<p>1 Fill out only the DATE on the blood collection card. FIVE (5) is the number of blood circles required.</p> 	<p>2 Wash your hands with warm water and soap. Dry your hands. Next, place the finger you will draw blood from in a bowl of warm water for 1-2 minutes. This will help to stimulate blood flow.</p> 	<p>3 Clean your finger with an alcohol prep pad in your kit. Make sure your finger is dry before selecting a lancet</p> 
<p>4 Remove the lancet cap and place the lancet on your selected finger. Press the lancet plunger down to activate it.</p> 	<p>5 When you are ready to collect your sample, hold your finger over the blood collection card, placing your other hand underneath for support. Apply pressure to the finger tip and allow a drop of blood to form.</p> 	<p>6 Touch the blood to the card, but do not touch the card with your finger. Place one drop of blood in the circle, aiming to fill the entire circle, up to the dotted border.</p> 
<p>7 If you are unable to fill the entire circle with one drop of blood, stand up (if you are not already standing) and massage your finger. Try again on a new circle. If you touch the card with your finger by mistake, mark that circle with a pen by drawing a line through the circle. Try again on another circle.</p> 	<p>8 Repeat steps 6 to 7 to fill 5 circles. Use a clean alcohol prep pad each time, before using the lancet. If needed, use a second lancet on another finger and repeat steps 4 to 7. After you are done, clean your finger with the alcohol prep pad and place a band aid on your finger.</p> 	<p>9 Lay the card flat and dry for at least 3 hours, or overnight. Once dry, fold the top over the circles and tuck the cover inside.</p> <p>->Place the card inside the zip-closed pouch.</p> <p>->Place this pouch with the card in the return envelope.</p> <p>See Page 2 for Send-In Instructions</p>

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SAMPLE #2: SALIVA SAMPLE

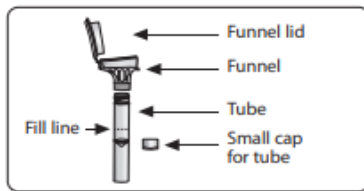
BE SURE TO WATCH OUR PROCEDURE VIDEO: <https://omc.ohri.ca/SSO/pages/Participants.aspx>

*This sample should be collected first thing in the morning. Upon waking, please collect as soon as possible.

*Important: Do not fill over the dotted fill line!



For collection of microbial RNA and DNA
REF OM-505



Collection precautions:

Do NOT eat, drink, smoke or chew gum for 30 minutes before giving your sample.

Do NOT remove the plastic film from the funnel lid.

Contents: Kit contains stabilizing liquid.

Warnings and precautions:

Wash with water if stabilizing liquid comes in contact with eyes or skin. Do NOT ingest. See MSDS at www.dnagenotek.com.

Small cap may pose a choking hazard.

Storage: 15°C, 30°C

Summary and explanation of the kit:

OMNigene-ORAL is a collection kit that provides the materials and instructions for collecting and stabilizing microbial DNA from oral fluids.

Label legend:

- Consult package insert
- Collect sample by (Use by)
- Catalog number
- Caution, consult instructions for use
- Storage instructions
- Manufacturer
- Lot number

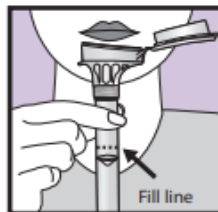
Collected specimen is potentially infectious and should be handled with appropriate biosafety practices.

Ship in accordance to applicable regulations covering transport of biological specimens.

For donor collection instructions in other languages, see www.dnagenotek.com

USER INSTRUCTIONS

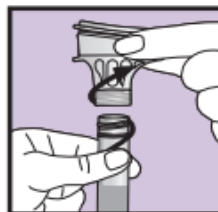
Most people take between 2 and 5 minutes to deliver a sample following steps 1 to 5.



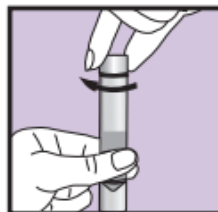
1 Spit into funnel until the amount of liquid (not bubbles) reaches the fill line shown in picture #1.



2 Hold the tube upright with one hand. Close the funnel lid with the other hand (as shown) by firmly pushing the lid until you hear a loud click. The liquid in the lid will be released into the tube to mix with the sample. Make sure that the lid is closed tightly.



3 Hold the tube upright. Unscrew the funnel from the tube.



4 Use the small cap to close the tube tightly.



5 Shake the capped tube for 5 seconds. Discard or recycle the funnel.

After collecting: 1) Date biohazard bag 2) Place saliva sample in biohazard bag 3) Place biohazard bag in return envelope with Dried Blood Spot sample. Send in!