

Hair – Collection Instruction Sheet (CIS)

Thank you for participating in the ECHO Program. An important part of this Program is collecting specimens that will help us learn more about how our environment affects our health. We are asking you to provide a specimen using the instructions below. If you have any questions, please contact your study team and they will be happy to walk you through the process.

ECHO would like to collect hair for research purposes. We have provided you a kit to collect hair, a Hair Specimen Information Form (SIF) to provide information about the specimen and a prepaid envelope to mail the specimen back to us.

This kit includes the following items:

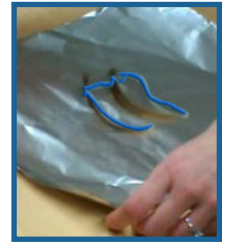
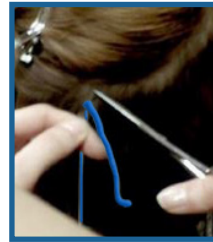
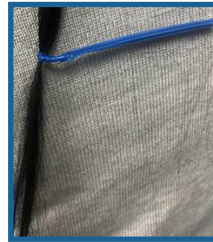
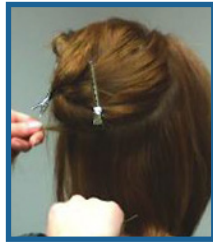
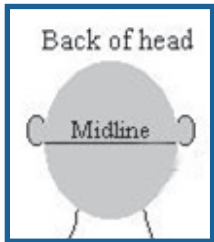
- One (1) collection envelope
- Two (2) aluminum foil piece
- Five (5) twist ties
- One (1) biohazard bag
- Two (2) alcohol wipes
- One (1) pair of scissors
- One (1) comb
- One (1) hair clip
- One (1) hair band
- One (1) ruler
- One (1) Hair – Specimen Information Form (SIF)
- One (1) prepaid mailing envelope

Important:

- Hair should be at least 1 centimeter (0.4 inch) in length. If the hair is shorter, wait until it is at least 1 centimeter in length and collect it at a future appointment.
- Collect a minimum of 100 strands. This is about half as wide as a standard pencil eraser.
- Hair should be cut from the back of the head and as close to the scalp as possible. Do not collect hair from face or other parts of the body. Many hair styles are short on the sides and back, but are longer than 1 centimeter on top. It is okay to collect hair specimen from the top of the head in those cases.
- Hair should not be pulled out.
- Do not provide hair that fell out naturally.
- If you have active lice, provide the specimen when lice treatment is complete and you no longer have lice.
- If your hair is braided or styled such that no loose strands are available, collect the hair specimen the next time the hair is re-styled.
- For children under 5 years old, we recommend that another person holds the child in their lap while the hair is cut.
- You may cut your own hair, but we recommend that you use a friend or family member's help.



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COLLECTION INSTRUCTIONS

1. Wipe scissors, comb, hair clip, and ruler with an alcohol wipe and allow them to air dry.
2. Clean your hands using hand sanitizer or soap and water. We recommend that hands are fully dry before starting collection because hair sticks to wet hands.
3. Sit in a place that allows for easy access to the back of the head for cutting the hair.
4. If the hair is long, use the comb to part the hair in the back of the head horizontally so that the part falls in line with the middle of the ears. If necessary, tie or clip the hair away from the part so that you can work with the bottom or top section of the parted hair.
 - a. Note: The part does not need to be even. Clips work a bit easier with shorter hair and hair bands are better at holding back longer hair.
5. Use the ruler to measure the length of the hair. If the hair is less than 1 centimeter (0.4 inch) in length, do not cut the hair yet. Wait until it is at least 1 centimeter in length.
6. Use the tips of the scissors to weave apart hair into small sections along the part line (about 20 hair strands) and cut hair as follows:
 - a. If the hair is less than 3 centimeters (1.2 inches) in length, slowly cut the hair as close to the scalp as possible, while taking care not to nick the skin, and drop it in the aluminum foil.
 - b. If the hair is greater than 3 centimeters (1.2 inches) in length, twist the twist tie around the hair close to the scalp so that all the hairs are tied together. Slowly cut the hair that has been tied off, as close to the scalp as possible, and drop it in the aluminum foil.

Note: Do not move or remove the twist tie. It is used to tell us which end of the hair was closest to the scalp.
7. Cut from an additional location in the back of the head as necessary to collect a sufficient sample. (For example, if collecting sections of 20 strands, 5 sections will be needed to obtain a total of 100 strands.)
8. Once the hair specimen(s) are in the aluminum foil, fold it without bending the first 10 centimeters (4 inches) of hair.

Note: It is easiest to place the hair in the middle of the aluminum foil and fold over all four ends. An extra foil piece is provided to ensure that the hair is completely wrapped.
9. Place the aluminum foil in the collection envelope. Seal the collection envelope and put it in the biohazard bag.
10. Complete the Hair Specimen Information Form (SIF) and place it in the biohazard bag.
11. Place the biohazard bag in the prepaid mailing envelope and mail back using the regular mail (US Postal Service).

Note: If you plan to bring the collection to the site on your next visit, please store the envelope at room temperature in a dry location.
12. Wipe the scissors, comb, and hair clip with alcohol wipe for reuse, otherwise discard the used supplies.

We appreciate your contribution to ECHO! If you have any questions or concerns, please contact us at:

Email:

Phone:

Thank you for your participation!

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ECHO

Environmental influences
on Child Health Outcomes

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