

YCG RHINO Study Nasal Swab Home Collection Instructions

These instructions are intended for nasal swab home collection. If you have additional questions, please contact your study team at **ph. 608-890-3840** or email **RHINOstudy@pediatrics.wisc.edu** for further clarification.

Your collection bag (A) contains supplies:

- B. Disposable gloves and alcohol wipes
- C. 2 scissors to cut the swabs
- D. 1 cardboard rack to hold collection tubes



- E. Nasal swabs
- F. Red cap collection tubes
- G. Snap-cap tubes
- H. Sealable plastic bags with absorbent paper
- I. Styrofoam mailer with shipping bags

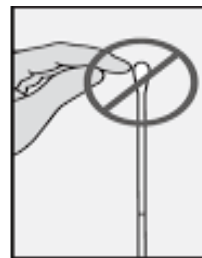
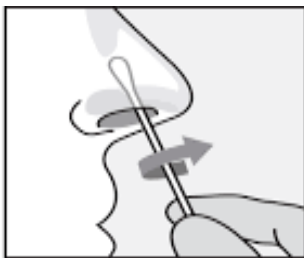
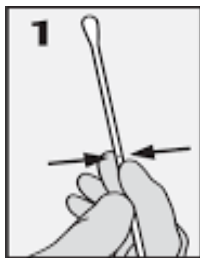


1. Four times a year (Feb, Apr, Sept, Dec) and during times when your child is sick, you will collect two nasal swabs with your child. Your home kit contains all the materials you need.

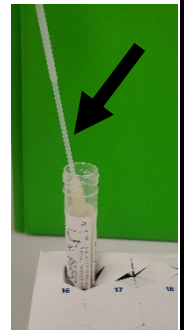
2. Wash your hands and put on gloves. Put the **red-capped** and snap-capped collection tubes into the cardboard rack as shown on the right.
3. Open the **red-capped collection tube** and put the cap upside down on top of the cardboard rack.
4. Take the **red-dotted nasal swab** out of the individual packaging, being careful not to touch the end of the swab to any other surface.



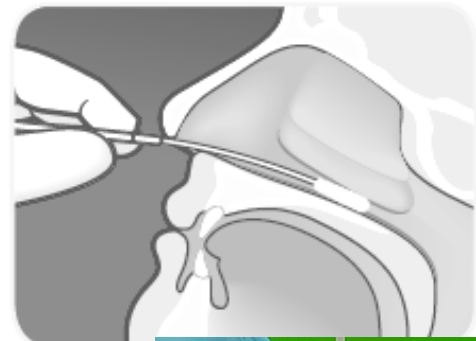
5. Tilt your child's head back gently and hold the chin or forehead with your other hand to limit head movement. It may be helpful to have a second adult present to help hold your child's head still.
6. Insert the swab into the **RIGHT** nostril about ½ inch. Insert the swab just until the cotton-covered end is inside the nose. Rotate or twirl the swab a few times then hold swab in place for three seconds.



7. Withdraw swab and place the swab tip into the open **red-capped collection tube**. Twirl to thoroughly wet swab with the liquid in the tube.
8. Use sterile scissors to snip off the end of the swab about a finger-length above the cotton-covered end into the tube, as shown in the picture. Replace the **red cap** and make sure it is secured tightly.



9. Next, open the **snap-cap collection tube** and leave it in the cardboard rack.
10. Take the second nasal swab out of the individual packaging, the one **without** the red dot, being careful not to touch the end of the swab to any other surface.
11. Tilt your child's head back gently and hold their chin or forehead with your other hand to limit head movement.
12. Insert the swab slowly into the **LEFT** nostril, straight back into the nose until you feel a slight resistance.
13. Rotate or twirl swab towards the center of the nose a few times then count to three.
14. Withdraw swab, place the cotton-covered end into the open snap-cap collection tube. Twirl to thoroughly wet swab with the liquid in the tube.
15. Use sterile scissors to snip off the end of the swab about a finger-length above the cotton-covered end into the tube, as shown in the picture. See the black arrow for the exact spot to cut. Snap the cap into place, making sure it is secured tightly.
16. Once the cap is secure, turn the tube over several times. Put the tube back into the cardboard rack.



17. Once both specimens are collected, open an alcohol swab and wipe down the scissors. Keep the scissors for your next collection.

18. Complete the *Online Survey* with the date and time of collection and answer the brief questions.

19. Place the red-capped tube and the snap-capped tube into the plastic bag with the absorbent paper.

20. Seal the bag – double checking to make sure there are no openings.

21. Place the bag containing the tubes into one of the Styrofoam mailers, as shown in the photos below.



22. Place the Styrofoam mailer into the cardboard box and close the mailer (as shown below). Write the date of collection on the label located on the outside of the box.

23. Place the mailer into the white shipping bag. Drop the pre-paid bag into your mailbox for pick-up or drop the bag off at the post office.



24. You can also drop off the sample at the University Hospital, 600 Highland Ave, Madison, WI 53792. You can contact the RHINO Study team members to schedule a drop-off: **608-890-3840**

The nasal swabs must be shipped or returned **FOUR TIMES PER YEAR (Feb, Apr, Sept, Dec) and **24-48 hours after each time your child shows respiratory symptoms.****

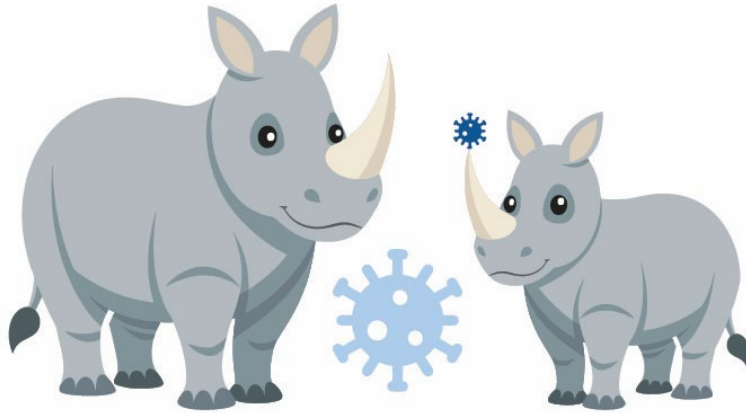
25. Once everything is packaged up, you can gather up the trash and throw it away in your household garbage. If you need to clean up a spill, it is recommended to use soap and water. Then, remove gloves, throw them away and wash your hands.

****Remember to keep the cardboard rack, scissors and these instructions for your next collection.****

Your kit contains extra supplies in case you need anything. Don't worry if you have extra supplies at the end of the study. If you have a question or need any additional supplies, reach out to the study team at:

ph. 608-890-3840 or email RHINOstudy@pediatrics.wisc.edu

Thank you so much for your participation in the RHINO Study!



The RHINO Study

Rhinovirus Hospitalization and Investigation
of Nasal-airway Omics (RHINO) Study