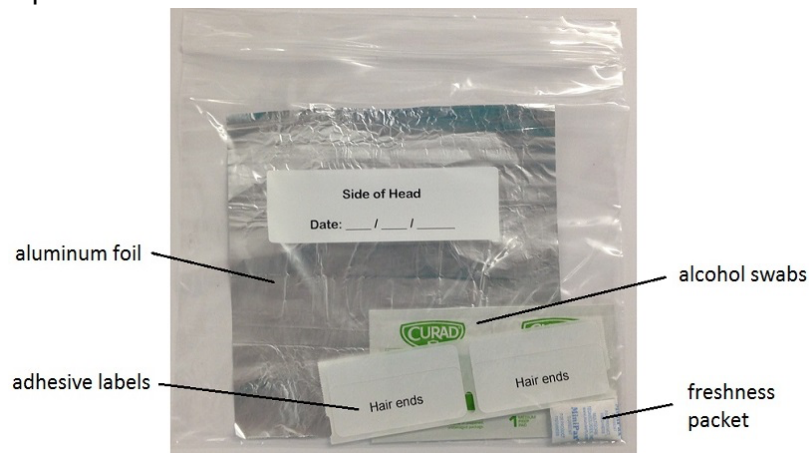




## Invite Home: Hair Samples Collection Process

**1. Gather your supplies in a comfortable, private, and well-lit location. You may want to ask a friend to assist you. Remove the following items from this kit:**

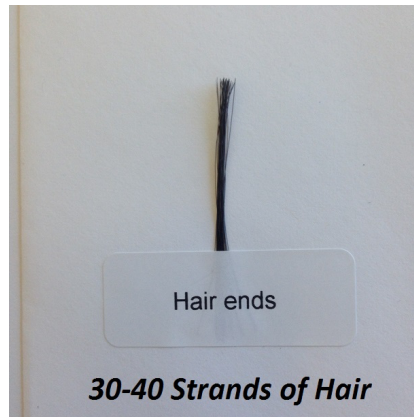
- 1 Ziploc bag, containing:
  - 1 piece of aluminum foil
  - 2 white adhesive labels labeled “Hair ends”
  - 2 alcohol swabs
  - 1 small freshness packet used to keep your hair samples dry during mailing (leave these inside the Ziploc bags)
- 1 pre-stamped and addressed envelope you will use to mail your hair back to our study
- In addition, you will need:
  - 1 pair of scissors (small if possible)
  - 1 mirror
  - 1 hair clip (if you have long hair)
  - 1 pen or marker



**2. Clean the blades of your scissors. Use an alcohol swab to clean the blades of your scissors and allow them to dry completely.**

**3. Prepare a section of your hair from the side region of your head.**

- Lift up a top layer of hair from the side of your head. Use a hair clip to keep the top layer of hair out of the way if you have longer hair.
- Grab a small lock of hair from underneath this top layer. You will need 30-40 strands of hair.



**4. Cut your hair sample as close to the scalp as possible and place it on one of the pieces of aluminum foil.**

- Cut the lock of hair as close to your scalp as possible (slide the scissors right up to your scalp).
- If your hair is very short, allow it to fall directly onto the foil.
- If your hair is long enough, place one of the “Hair ends” adhesive labels over the end furthest away from the scalp, taping it to the foil.

**5. Fold over the foil to cover your hair sample and place it back inside the Ziploc bag.**

**6. Label the Ziploc bag with your participant ID number and today’s date and prepare for mailing.**

- On the label attached to the outside of the Ziploc bag, fill in today’s date.
- Make sure the freshness packet is still inside the Ziploc bag. Close the Ziploc bag and place it inside the pre-stamped envelope addressed back to our study.



- 7. Seal the envelope by removing the adhesive strip.**
- 8. Mail your hair sample or provide the sample to study personnel. If you are mailing, drop the envelope in any USPS mailbox.**