



# Created for Health

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USA

## Covid-19 Vaccine Residual Analysis (C19VRA)

### This kit includes:

- 1 Return envelope
- 1 Piece of filter paper (for the blood drop)
- 1 Small envelope (place the filter paper in this)

### You will also need (please purchase at the pharmacy):

- 2 lancets (1 as a spare)

### Procedure:

**Go to a pharmacy** and buy two capillary lancets (see illustration on the back). These are very inexpensive. Once you have them, proceed as follows:

#### Write your

1. given name, first and last name (married name if married)
2. birth date
3. email address
4. phone number
5. the approximate date of your last transfusion, if you had one in the last 5 years.
6. if you are a SafeBlood member, also your membership number.

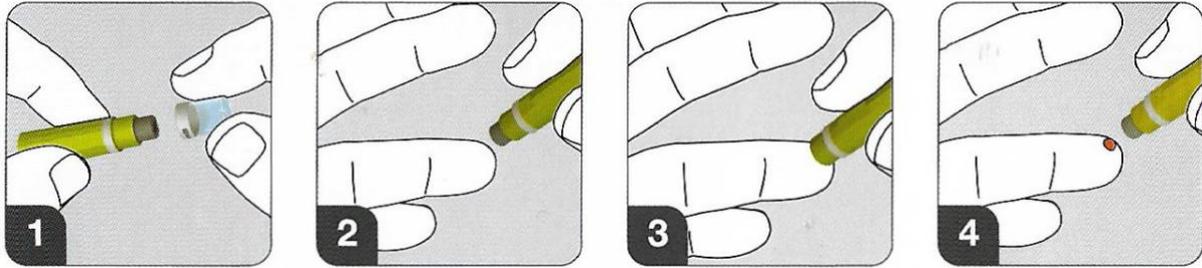
**on the outside of the small envelope. Do not** write on the white paper. If you have had a blood transfusion in the last 5 years, write the approximate date of the last transfusion.

You will stick either a fingertip or have someone stick your earlobe (many people say that the earlobe is less painful). For very young children (under the age of 3), it is least painful and easiest to stick their heel. **Do not** wash your hands before this or apply any lotion, alcohol, etc., if you do, wait 5-10 min before obtaining a blood spot sample.

#### Instructions for use of the lancet:

Before taking the blood sample, it may be helpful to circle the arm with the finger from which you are taking the blood several times from the shoulder so that the blood rushes to the fingertip. This makes it easier to get enough blood in the finger.

Then proceed as shown in the illustration on the back or in the lancet instructions for use. (Depending on the type of lancet, this may differ from the illustration):



1. Remove the plastic cap by turning it 90 degrees and then pulling it out.
2. Place the lancet directly on the finger you have selected.
3. Hold the lancet firmly with your other hand and press it firmly against your finger. You will hear a distinct click. The lancet is spring-loaded and is activated by pressing it. Once you have pressed it, it cannot be pressed again! The needle is set to a specific depth and then retracts.
4. Remove the lancet. You will see a small drop of blood. Use your other hand to massage your finger toward the tip to get enough blood to place this drop on the filter paper.

**Apply/smear 1-2 drops of blood near one end of the paper.**

Allow to dry for 10-15 minutes. **Place in the small envelope**, then put it in the pre-addressed envelope, stamp it, and send it back. We definitely recommend choosing a postage option with tracking, i.e., “registered mail.” If you need to make a customs declaration, write ‘documents’ as the contents, not “blood sample” or anything similar. We deliberately use Dr. Nate's private name as the address, not “Dr.,” a company address, or anything similar. Ideally, this will go through as a letter from a private individual to a private individual, which is easier and safer.

The results will be available within 3–5 business days after we get your sample. You'll then get an email with the results.

If you have any questions, please contact [docnate@createdforhealth.com](mailto:docnate@createdforhealth.com) or, if you are a SafeBlood member, contact [info@safeblood.net](mailto:info@safeblood.net).



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