

## Dust Sample Collection Instruction Sheet

Thank you for your participation in collecting a dust sample from your home for the ORIGINS Project. The dust sample you collect will be used to measure allergen levels (such as house dust mites), as well as environmental contaminants and bacterial products.

### STEPS FOR DUST SAMPLE COLLECTION

1. Check your dust sample kit contains:
  - 1 x zip lock bag
  - 1 x manilla envelope
2. Your dust sample may be collected at any time of the day that is convenient.
3. Empty your vacuum cleaner prior to beginning the collection.
4. Slowly vacuum all of the floor surfaces in your house, and try to vacuum under all of the furniture including beds and couches.
5. Once you have finished vacuuming, empty the contents of your vacuum cleaner into the zip lock bag, and carefully seal the bag, ensuring to remove as much air from the bag as possible (prior to completely sealing).
6. Write the date of collection on the front of the bag.
7. Place the zip lock bag inside the manilla envelope (this is to protect the sample).
8. Keep your sample at room temperature and in a place where you will remember to take it to your next appointment with the ORIGINS team at Joondalup Health Campus.

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