

INSTRUCTIONS FOR TAKING YOUR HAIR SAMPLE

Please read these instructions before you begin.

You will find the following items in this kit for taking your hair sample:

- A small plastic bag in which to place your hair sample
- A small sticky label with an arrow for indicating which end of your hair sample was nearest your scalp (found inside the plastic bag).

You will need scissors to cut the hair sample. We recommend that you have someone assist you with taking your sample.

To collect your hair sample:

1. Please wash your hair before you take the sample. It is not necessary to dry your hair, and it may be easier to take your sample when your hair is wet. However, if you do collect your sample wet, please allow it to air dry before placing in the plastic bag.
2. Please wash the scissors and your hands with soap and water before you take your sample. Please ask your helper to wash his or her hands with soap and water as well. If there is any chance that your scissors have been exposed to mercury (i.e. from a broken thermometer stored in the same drawer) please find another pair to use.
3. Cut a sample of hair approximately 100 strands or a lock of hair that is $\frac{1}{8}$ th of an inch in diameter. The least noticeable place to remove hair is usually the middle of the back of your head. Please cut the hair as close to the scalp as possible (see Figure 1 below).

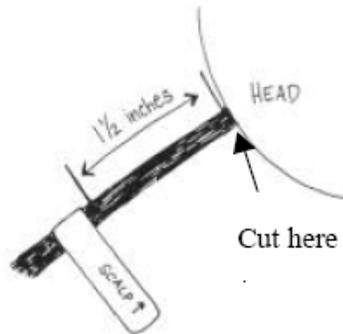


Figure 1

4. Place the sticker provided in the plastic bag around your lock of hair with the arrow pointing towards the scalp end. Leave at least $1 \frac{1}{2}$ inches of hair above the sticker (see Figure 2 below). If your hair is longer than $1 \frac{1}{2}$ inches, please do not cut any of the length off but include the entire lock of hair in the plastic bag. If your hair is shorter than $1 \frac{1}{2}$ inches long, you can still participate by clipping your hair and sending it without labeling the scalp end. Then place your sample in the plastic bag.

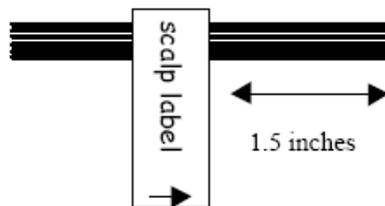


Figure 2

Hair Sample Storage

Hair Samples collected from SHOW Core participants are stored in opaque containers at room temperature. All hair samples are stored in plastic bags labeled with SPID and logged in the SHOW sample tracking software Freezerworks.