

Hair Mercury Biomonitoring Program

Instructions for Obtaining Hair Sample

Please carefully read through these instructions before you begin.

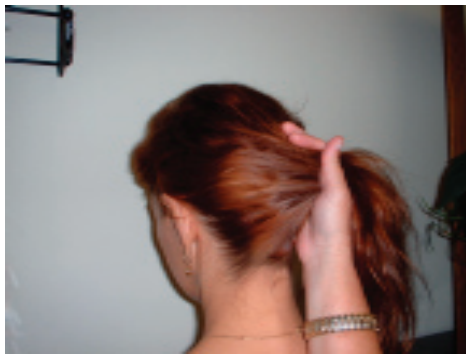
Please find the following items in this kit for obtaining the hair sample:

- A small zip-lock bag with a label, in which to place the hair sample
- A piece of dental floss to tie around the hair sample

To collect the hair sample:

The best place to remove hair (the least obvious area) would be in the middle of the back of the head. The sample of hair should be approximately 50 hairs or a lock that is 1/8 of an inch in diameter.

That would be about the size of this dot: ●



1. Grasp hair loosely and pull to side of head.



2. Identify sample location and amount of hair to be cut.

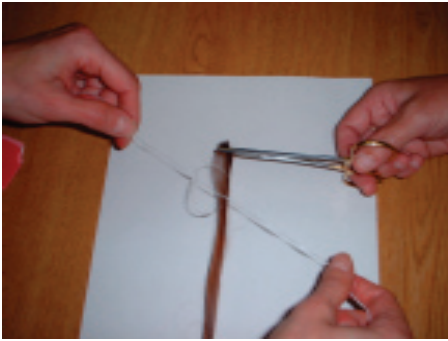


3. Clamp the hair sample near the scalp, using a hemostat, leaving enough space to cut between the clamp and the scalp.

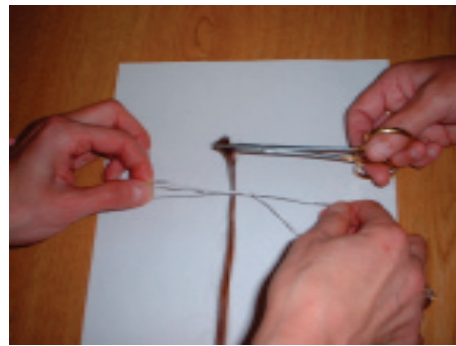


4. Place scissors between the hemostat and scalp and cut sample as close to the scalp as possible.

(Continued on reverse side)



5. Leaving the hemostat in place, tie hair sample with dental floss.



6. Make sure dental floss is tied tightly around hair sample.



7. Remove hemostat from hair sample.



8. Place entire hair sample in the zip-lock bag and label with the following information:

Date of Collection
Patient Last Name
Patient First Name
Address
Date of birth
Gender
Pregnancy Status
Date of last menses (if pregnant)
Provider name
Provider Address

Please place the zip-lock bag in the pre-addressed envelope provided.

All samples should be sent to:
Division of Public Health- Section of Epidemiology
Attn: Environmental Health
3601 "C" Street, Suite 540
P.O. Box 240249
Anchorage, AK 99524-0249

Thank you for taking the time to participate in this program.