

**NATIONAL CHILDREN'S STUDY  
T3 HOUSE DUST PLATE COLLECTION INSTRUCTIONS  
DRAFT ONLY—NOT FOR DISTRIBUTION**



**READ STEPS 1-6 BEFORE SETTING UP DUST PLATE**

**INSTRUCTIONS FOR SETTING UP THE DUST PLATE**

- 1) Choose the area of your home where you spend the most time while you are awake, other than a kitchen. This could be a living room, family room, bedroom, etc.
- 2) Bring the “Dust Plate Self-Collection Kit” into the room you chose in step 1. Remove the dust plate from the kit. Remove the plate from plastic bag and discard bag. Note: there will be a plastic bag in the padded envelope for use when returning the dust plate.
- 3) Choose the location where you would like to set the plate. Ideally, the plate should be 2-4 feet above the floor and at least 1 ½ feet away from any appliances, fans, open windows, supply air vents, or ashtrays. There should not be any shelves or other objects immediately above the plate. The plate should be set out for 1 month, so carefully choose a location where it will not be disturbed.
- 4) Complete questions 1-3 of the “House Dust Plate Questionnaire.”
- 5) **Please do not move the plate, dust the plate, or disturb the dust plate in any way for approximately 1 month.**
- 6) Place the “Dust Plate Self-Collection Kit” in a safe place for 1 month. (The kit contains materials that you will need to ship the dust plate.)

**Note: If the dust plate is disturbed, keep it in (or place it back in) the**

**Photo 1: “Dust Plate Self-Collection Kit”  
Show contents of the collection kit, included what is needed for shipping.**

**Photo 2: Unfolding dust plate with down side clearly down**

**Photos 3: Dust Plate Set on Top of a Shelf, etc.**

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Call 800-XXX-XXX if you have any questions about collection of this sample.

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location you chose in step 3 until one

Instructions continued on page 2

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**READ STEPS 1-7 BEFORE TAKING DOWN THE DUST PLATE**

**INSTRUCTIONS FOR TAKING DOWN AND SHIPPING THE DUST PLATE**

- 1) **After 1 month:** Retrieve the “Dust Plate Self-Collection Kit” and the “House Dust Plate Questionnaire.” Complete the rest of the questionnaire.
- 2) Open the padded envelope.
- 3) Remove the plastic bag from inside the padded envelope.
- 4) Carefully fold the plate together with the collection side folded inwards. Do slowly to minimize dust movement.
- 5) Secure the dust plate on each open side with binder clips and slide it into the plastic bag. Seal the bag with provided tape strips.
- 6) Place the bag containing the plate inside of the padded envelope.
- 7) Place in the mail as soon as possible.

**Photo 4: Dust plate clipped on all three sides and placed into plastic bag**

**Photo 5: Dust plate in a sealed, clear, plastic bag that is being slid into a padded envelope. The plate will not be completely in the envelope, so the binder clips and the sealed plastic bag show.**

**Thank you for sending in your dust plate. Your continued participation in this study is greatly appreciated.**

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