

# EPA Pilot Study Add-On to the Green Housing Study

# Participant Instruction and Record Book

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Day 2

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**Page**

# Day 2

## Day 2 Checklist

Use this checklist to mark the completed activities for Day 2

- Silicone Band Kept On Child
- Sock Samples Collected and Stored
- Duplicate Diet Samples Collected and Food Diary Completed
- Activity Monitors Placed for the Day and Removed Prior to Sleep
- End of Day Activities Completed

Day 2

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**Page**

# Day 2

## Silicone Band

1



**Please leave the silicone band on your child until the field team returns on Day 5.**

2



**If the band has to be removed or placed on a different location (wrist to ankle, etc.), write what was done below.**

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Day 2

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# Day 2

## Duplicate Diet

We need to get a matching amount of food and drink from you. How much children eat varies. Please try to collect exactly the same amount of food your child eats.

1



You need to collect the same amount of food and drink as your child eats and drinks on the day after we visited you.

2



Include exactly the same amount of food as your child eats, prepared in the same way. Remove the peels, wrappers, bones, etc. just like you would for your child. If your child only eats part of the food, only place the same amount of the food in the container.

3



For example, if your child eats two slices of orange, place only two slices of orange in the container.



4



Put the food in the container marked Solid Food and drinks in the container marked Beverages.

# Day 2

## Duplicate Diet (continued)

 <b>5</b>	 <b>6</b>
<p>Please describe the food or beverages and record the time the food was eaten in the <b>Food Diary</b> on this page.</p>	<p>After the food is placed in the containers, please store the containers in your refrigerator until the field team returns.</p>

<b>Food Diary</b>		
List each solid or liquid food your child has eaten.	How Much?	Meal (Breakfast, Lunch, Dinner, Snack)
<i>Example: Apple Sauce</i>	½ Cup	Snack



# Day 2

## Activity Monitors

1



Place the belt with the activity monitor on your child's waist. Make sure the arrow on the monitor is pointing up toward their head.

2



Remove the charging plug from the QSTARZ travel recorder.

3



Please keep the QSTARZ travel recorder on your child all day. If that is not possible, place it on something that is always near your child (for example a stroller, diaper bag, backpack).

Write what time it is now in the box below.

Start Time: AM / PM

4



Keep the device dry. During bathing, swimming or other water-related activities, remove the device and keep it nearby.

If the unit is not kept with your child, please write the reason and times below.

Time	Reason

Day 2

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**Page**

# Day 2

## End of the Day

1



At the end of the day, remove the belt with the activity monitor from your child. Record the time it is now in the box below.

End Time: AM / PM

2



Re-connect the QSTARZ travel recorder to the plugged-in charger.

3



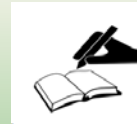
### **REMINDER!**

**Collect first morning void Urine Sample**

Place the reminder note on the toilet or other prominent location. Write the time of the last void before the morning void is collected tomorrow in the box below.

Time: AM / PM

4



If your child is not toilet trained, please put one of the diapers from the sample kit on your child before he or she goes to bed. Record the time of the last wet diaper in the box below.

Time: AM / PM

Day 2

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**Page**

# Day 3

## Day 3 Checklist

Use this checklist to mark the completed activities for Day 3

- Silicone Band Kept on Child
- Urine Collection Completed and Stored
- Activity Monitors Placed for Day and Removed Prior to Sleep
- Stool Sample Collected and Stored
- End of Day Activities Completed

Day 3

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**Page**

# Day 3

## Silicone Band

1



**Please continue to leave the silicone band on your child until the field team returns.**

2



**If the band has to be removed or placed on a different location (wrist to ankle, etc.), write what was done below.**

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Day 3

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# Day 3

## Urine Collection (Toilet Trained First Morning Void)

1



Have your child rinse his or her hands with water and air or towel dry them.

2



Put on a pair of purple gloves from the sample kit.

3



When your child is ready to urinate, remove the cap from the DAY 3 URINE collection container and place the cap with the inside up in a safe place where it is unlikely to be knocked over. Do not touch the inside of the container or cap at any time.

4



Have your child urinate into the collection container. Collect the entire amount of urine and assist as necessary.

Is this a First Morning Void?

YES

NO

# Day 3

## Urine Collection (Toilet Trained First Morning Void - continued)

5



Recap the collection container. If the container is wet, wipe it down with toilet paper or a paper towel.

6



Place the collection container in the zip-lock bag with absorbent material. Remove excess air from the bag and seal it.

7



Remove the gloves and throw them away. **Write the time the sample was collected in the box below.**

**Time:**                      **AM / PM**

8



Place the bag containing the sample in the cooler as soon as possible after sample collection.

# Day 3

## Diaper Urine Collection

1



Collect the first wet diaper of the morning. If the diaper is dirty (contains stool), use that as the stool sample (If collected) and place a clean diaper on your child and collect the next wet diaper.

2



Put the diaper inside of the zip-lock bag labeled Diaper Urine Day 3 and seal the bag.

3



Place that bag inside the larger bag labeled Diaper Urine. Store the bag in the cooler until it is collected by the field team.

4



Please write the time the diaper was collected in the box below.

Is this a First Morning Void?

YES

NO

Time:

AM / PM

Day 3

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**Page**

# Day 3

## Activity Monitors

1



Place the belt with the activity monitor on your child's waist. Make sure the arrow on the monitor is pointing up toward their head.

2



Remove the charging plug from the QSTARZ travel recorder.

3



Please keep the QSTARZ travel recorder on your child all day. If that is not possible, place it on something that is always near your child (for example a stroller, diaper bag, backpack).

Write what time it is now in the box below.

Start Time: AM / PM

4



Keep the device dry. During bathing, swimming or other water-related activities, remove the device and keep it nearby.

If the unit is not kept with your child, please write the reason and times below.

Time	Reason

Day 3

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**Page**

# Day 3

## Stool Sample (Toilet Trained)

1

With your child's help, determine when a bowel movement is imminent. If possible, have the child urinate first.

Note: If the stool sample cannot be collected on this day, it can be collected any day before the field team returns.

2



Lift the lid and seat on the toilet and pull 2 feet or so of plastic wrap from the roll. Place the loose plastic wrap on the floor and hold with your foot as you loosely cover the toilet bowl, leaving a hand-width opening at the front for toilet paper disposal.

3



Leave plenty of plastic wrap on the sides of the bowl to make collection easier.

4



Lower the seat onto the plastic wrap to hold it in place and have your child use the toilet.

# Day 3

## Stool Sample (Toilet Trained - continued)

5



Ensure that soiled toilet paper is disposed of into the toilet through the opening in front of the plastic. If possible, any urine in the plastic wrap should be disposed of through the opening either now or in step 8.

6



Put on a pair of purple gloves from your sample kit.

7



Open the sample collection jar labelled Stool Sample.

8



Carefully lift the plastic wrap using the extra amount from the outside of the bowl and loosely wrap the stool sample as if you are forming a bag.



# Day 3

## Stool Sample (Toilet Trained - continued)

9



Place the plastic wrapped stool sample inside the collection jar.

10



Close the lid on the sample jar. If the outside of the jar or lid is soiled, use toilet paper to remove any stool material. Place the sample jar inside the labeled zip-lock bag and seal. Place that bag inside another zip-lock bag and seal.

11



Remove the gloves and dispose of them with household trash. Place the bag containing the stool sample jar in the cooler until the sample is collected by the field team.

12



Is this the first bowel movement after the duplicate diet collection? Yes No

If known, please record the date and time of your child's last bowel movement in the box below.

Date:

Time:

AM / PM

Please record the date and time of the stool sample collection in the box below.

Date:

Time:

AM / PM

Day 3

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**Page**

# Day 3

## Stool Sample (Diaper Collection)

1



When a diaper is found to be dirty (contain stool), retrieve the stool sample collection packet which contains two zip-lock bags.

2



Remove the diaper as usual. Fold the diaper in half to cover the contents. Set aside until a new diaper is in place and the child is returned to a safe location and activities. Do not place any baby wipes inside the soiled diaper.

3



Place the diaper in the small labeled zip-lock bag and seal. Place the small zip-lock bag inside the larger zip-lock bag and seal.

4



Place the bag containing the stool sample in the cooler until the sample is collected by the field team.

# Day 3

## Stool Sample (Diaper Collection - continued)

5



Is this the first bowel movement after the duplicate diet collection? Yes No

**If known, please record the date and time of your child's last bowel movement in the box below.**

Date:  
Time: AM / PM

**Please record the date and time of the stool sample collection in the box below.**

Date:  
Time: AM / PM

# Day 3

## End of the Day

1



At the end of the day, please remove the belt with the activity monitor from your child.

Time: AM / PM

2



Please re-connect the QSTARZ travel recorder to the plugged-in charger.

3



### **REMINDER!**

**Collect first morning void Urine Sample**

Place the reminder note on the toilet or other prominent location. **Write the time of the last void before the morning void is collected tomorrow in the box below.**

Time: AM / PM

4



If your child is not toilet trained, please put one of the diapers from the sample kit on your child before he or she goes to bed. **Record the time of the last wet diaper in the box below.**

Time: AM / PM

Day 3

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**Page**

# Day 4

## Day 4 Checklist

Use this checklist to mark the completed activities for Day 4

- Silicone Band Kept on Child
- Urine Collection Completed and Stored
- Activity Monitors Placed for the Day and Removed Prior to Sleep

Day 4

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**Page**



# Day 4

## Silicone Band

1



**Please leave the silicone band on your child until the field team returns.**

2



**If the band has to be removed or placed on a different location (wrist to ankle, etc.), write what was done below.**

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Day 4

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**Page**

# Day 4

## Urine Collection (Toilet Trained First Morning Void)

1



Have your child rinse his or her hands with water and air or towel dry them.

2



Put on a pair of purple gloves from your sample kit.

3



When your child is ready to urinate, remove the cap from the Day 4 Urine collection container and place the cap with the inside up in a safe place where it is unlikely to be knocked over. Do not touch the inside of the container or cap at any time.

4



Have your child urinate into the collection container. Collect the entire amount of urine and assist as necessary.

Is this a First Morning Void?

YES

NO

# Day 4

## Urine Collection (Toilet Trained First Morning Void - continued)

5



Recap the collection container. If the container is wet, wipe it down with toilet paper or a paper towel.

6



Place the collection container in the zip-lock bag with absorbent material. Remove excess air from the bag and seal it.

7



Remove the gloves and throw them away. **Write the time the sample was collected in the box below.**

**Time:**                      **AM / PM**

8



Place the bag containing the sample in the cooler as soon as possible after sample collection.

# Day 4

## Diaper Urine Collection

1



Collect the first wet diaper of the morning. If the diaper is dirty (contains stool), and a stool sample was not collected on Day 3, use that as the stool sample and place a clean diaper on your child and collect the next wet diaper.

2



Put the diaper inside of the zip-lock bag labeled Diaper Urine Day 4 and seal the bag.

3



Place that bag inside the larger bag labeled Diaper Urine. Store the bag in the cooler until it is collected by the field team.

4



**Please write the time the diaper was collected in the box below.**

Is this a First Morning Void?

YES

NO

**Time:**

**AM / PM**

Day 4

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**Page**

# Day 4

## Activity Monitors

1



Place the belt with the activity monitor on your child's waist. Make sure the arrow on the monitor is pointing up toward their head.

2



Remove the charging plug from the QSTARZ travel recorder.

3



Please keep the QSTARZ travel recorder on your child all day. If that is not possible, place it on something that is always near your child (for example a stroller, diaper bag, backpack).

**Write what time it is now in the box below.**

**Start Time:**  **AM / PM**

4



Keep the device dry. During bathing, swimming or other water-related activities, remove the device and keep it nearby.

**If the unit is not kept with your child, please write the reason and times below.**

Time	Reason
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
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Day 4

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**Page**



# Day 4

## End of the Day

1



At the end of the day, remove the belt with the activity monitor from your child. Record the time it is now in the box below.

End Time:

AM / PM

2



Please re-connect the QSTARZ travel recorder to the plugged-in charger.

Day 4

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**Page**