

GENERAL INSTRUCTIONS



WHY AM I RECEIVING THIS BOX?

Recently, you agreed to participate in a CDC study about Zika virus to learn how long the virus can be found in urine and semen. This box has everything you need to provide samples of urine and semen and send back to CDC for testing.

WHAT DO I NEED TO DO?

As soon as you receive this box from Fedex:

1. Leave the Styrofoam box in the cardboard box, but remove the Styrofoam lid.
2. Place the cold packs in your freezer until you are ready to Fedex your samples to us. These cold packs should be in your freezer at least 8 hours before mailing your samples back.
3. Save all contents of the box until you are ready to mail the samples.
4. Ensure that you have a new Fedex return label in the box. You will use this when you are ready to mail your samples back to us.
5. Think about a morning in the next several weekdays (Monday – Thursday) that might be a good time for you to provide urine and semen samples. It is important that you provide urine and semen samples in the morning. **Please do not collect or ship samples on Friday, Saturday or Sunday.**
6. When you are ready to provide urine and semen samples, carefully follow the instructions on the “**Instructions for Sample Collection**” sheet that came in the box (the blue sheet).
7. When you have finished providing urine and semen samples, please complete the 7 questions on the “**Follow-Up Survey**” sheet that came in the box (the red sheet).
8. Pack up the box with the urine and semen samples according to the checklist below.

PACKING CHECKLIST

- ✓ Ensure that the caps of each sample cup are screwed on tightly and secured with a strip of tape.
- ✓ Put urine and semen samples in separate, sealed zip lock bags with absorbent paper towels. Remove extra air before sealing so that the bags will fit in the Styrofoam box.
- ✓ Carefully place the samples in the middle of the Styrofoam box.
- ✓ Remove the cold packs from the freezer and place on either side of

the samples.

- ✓ See the photo below to ensure your package looks like the photo.
- ✓ Place the Styrofoam lid on the box
- ✓ Place the completed Follow-Up Survey on top of the Styrofoam lid.
- ✓ Make sure the Fedex shipping label is not still in the box.
- ✓ Close and secure the cardboard box and place the new Fedex label over the old Fedex label.
- ✓ Schedule a pickup with Fedex using the information below.

**SCHEDULING
SAMPLE PICK-
UP**

Please call Fedex to schedule a pickup at your home, ideally on the same day as you provide the samples: [insert Fedex number].

If you have any trouble, please contact us at ZikaMalesStudy@cdc.gov or **970.221.6400**

[INSERT PHOTO HERE]