

# Instructions to collect hair samples

Hair samples can be taken by anyone who has received adequate prior training, and has the materials required.

## Materials required:

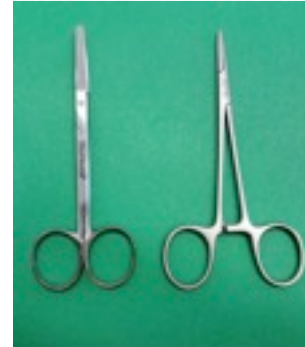
- ✓ Card stock with 1 cm on grid



- ✓ Painters tape, 1/4" wide



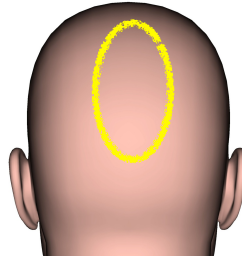
- ✓ Scissors
- ✓ Surgical clamp (mosquito)



- ✓ Ziploc bag / envelope
- ✓ Hair grips/clip
- ✓ Comb
- ✓ Gloves (optional, but recommended)

### Step 1

- Make a horizontal parting in the hair using the clips, at the back of the head (posterior vertex).



### Step 2

- Separate a section of hair (thickness of a pencil, 0.5cm) about 4 cm above the skull base.



### Step 3

- Clamp a lock of hair 2cm from the root, if the length permits.
- If the hair is too short or not very thick, you can make a zigzag movement through the hair before tightening the hair with the clamp, to avoid leaving a visible hole on the scalp.
- You can also take hair from several locations in the same region in order to obtain the same amount of hair.



### Step 4

- In the clamp, the width of hair strand should be 1cm wide. Measure with the help of the grid on the card.
- Using the scissors, cut the hair as close to the scalp as possible.



**Step 5**

- While the hair is still in the clamp, place the section of hair on the card with the root upwards.
- Using painter's tape, secure the lock of hair on the card.
- Repeat as needed if the hair is collected in several places.
- It is important that the root of the hair is placed according to the arrows on the card.

**Step 6**

- Identify the sample with a label placed on card.
- Place the card in a Ziploc bag, making sure that the sample is dry.
- Seal the bag and put a label on it.



**Store samples at room temperature, in a dry and dark place. Sample bags should not be placed tightly together. A card filling cabinet is ideal.**

**Make note of the following informations for each participant: Hair coloring and/or treatment, frequency of washing, season of collection, topical and oral medication, mental and physical health.**