



Hair Mercury Biomonitoring Program

Instructions for Obtaining a Hair Sample



Please read all instructions carefully *before* you begin sampling.

You will find the following items in the test kit provided to you:

- A small zip-lock bag with label sticker attached, to place the hair sample
- A piece of dental floss, to tie around the sample.

To collect the hair sample:

The best place to sample hair is from the middle of the back of the head. The sample should be approximately 50 hairs that is 1/8 of an inch in diameter.



1. Lift top half of hair and twist up and away from lower layers.



2. Secure top layer and locate a segment of hair to sample near the part you created.



3. Twist the hair segment and tie a loose loop with the dental floss



4. Slip dental floss loop around hair and tighten knot approximately 1.5 inches from scalp.



5. While holding the sample, use scissors to cut as close to the scalp as possible. This area holds the most recent mercury exposure
6. Tighten floss to ensure sample does not come loose.
7. Place hair sample in the zip-lock bag and seal tightly. Then, fill out the label on front of bag 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 zip-lock bag in the pre-addressed envelope provided

If you have any questions, please contact the Environmental Public Health Program at (907) 269-8000

**All samples should be sent to:
Division of Public Health – Section of Epidemiology
Attn: Environmental Public Health Program
3601 C Street, Suite 540
Anchorage, AK 99503**