



Australian Health Survey



Thank you for participating in the Australian Health Survey.

If you would like to help us a little bit more...

The ABS would like to find out more about the health of Australians by getting some information from your blood and urine. We can learn important things like your vitamin levels and how well your kidneys work. Giving blood and urine samples is entirely up to you (in fact, we checked with your parent or carer if it was ok to ask).

Do I really have to?

No, you don't have to – **you get to choose** – but, by choosing to give samples, you will be helping all of us – your family and your community – because the information we get will help health specialists work out the best ways to help all Australian's to live healthier lives. If you want to help out – thank you – please keep reading.

How is it done?

If you would like to help by taking part in this special part of the survey, a small sample of your blood and urine will be collected by a health professional.

The simplest and least painful way to collect a blood sample is to use a small needle to take some blood from your arm near your elbow. If you decide to give a blood sample, it will be collected in a tube like this:



The best way to collect a urine sample is in a special container (like this) when you go to the toilet. A pathology collector will explain how to do this.



Things that can happen when you give your samples:

Most people give blood samples without any trouble and it only takes a few seconds. However, some people are sensitive to the sight of needles or their own blood and may feel a little faint. This is nothing to worry about and can be helped by looking away and not watching, or by lying down while the sample is taken. If you feel faint or even a little bit sick, tell the person who is taking your blood **straight away**. You can have your parent or carer in the room with you to help if you like.

Your **samples** will then be sent away to a laboratory where they will be tested for things like vitamin and mineral levels, cholesterol, blood sugar levels, and even see how your kidneys are working.

If you'd like to be a participant, please fill in your details in the box below

<i>Thank You</i>	
_____	_____
Name of participant (your name)	Age

Find out more about the Australian Health survey @ our website www.abs.gov.au/australianhealthsurvey

