Listening Effort and Fatigue Study: Cortisol Collection Instructions

1. First, wash your hands. Use soap. Dry them really well.
2. An adult will open the plastic case.
3. Put the cotton tube in your mouth.
4. Roll the cotton around in your mouth until it is very wet. Or you can put it under your tongue.
5. Now give the tube back to the adult. The adult will put it in the case.
6. The adult will put the lid back on.
7. Ask the adult to write your name, the date, and the time on the case.

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