**WEARABLE CAMERA INSTRUCTION CARD**

* The camera should be worn attached to the neck of your t-shirt or top
* Please try and wear a high necked t-shirt or top, which sits snug against your chest. This helps to stop the camera moving around too much.
* We will also give you a lanyard which you can put the camera in, to wear it around your neck if you prefer (instead of clipping it to your clothing).
* The research team will start the camera recording as you leave your hospital visit.
* If you need to stop the camera recording your activity (e.g. when you are going to the toilet), please use the **privacy lens cover**, by simply turning the lens cover over the lens. Please remember to uncover the lens again once you are happy to continue your recording.
* **At night** - The camera will need to be charged at the end of Day 1. Overnight, please use the privacy lens to stop the device recording, and use the plug and the USB charger provided to charge the device.
* **In the morning** - please unplug the camera, and check the battery by pressing the **MENU** button on the side of the device. See the image below. The battery should show as >90% charged. You can then reattach your camera, and open the privacy lens when you are ready to begin recording.

