

Dear UK Biobank participant

Thank you for continuing to contribute to UK Biobank's coronavirus research, which aims to provide researchers with important data about how long antibodies to SARS-CoV-2 last over the longer term, which will in turn help us to understand waning immunity.

Enclosed you will find a blood sampling kit for your antibody test, instructions, a return form and a plastic return envelope. **Do not throw the box away – you will need it to return your sample to us.**

Where can I find more information about the study?

Please visit UK Biobank's study website at www.ukbiobank.ac.uk/coronavirus-research where you will find links to a helpful video, additional instructions about how to package your kit, and answers to frequently asked questions. (The documentation inside the kit refers to a 'gov.uk' address because the kits were donated to us by the Department for Health and Social Care).

When should I collect my sample and complete my questionnaire?

Taking time to prepare will help you to successfully obtain your blood sample. Please read the instructions contained within your kit and ensure that you pay close attention to the advice in the section titled 'Prepare and set up'. This details ways to maximise your blood flow by, for example, drinking plenty of water, putting your hand in a bowl of warm water before taking your sample and doing some light exercise (e.g. swinging your arms) to increase the blood flow.

You can collect your sample at any time of the day. **Please do not collect or post your sample on a Saturday as it might be in the post for too long.** Although you can collect the sample on any other day, we recommend taking and posting it on Monday, Tuesday or Wednesday to reduce the effect of postal delays (thus reducing the chance of a void sample).

Please post your sample to the laboratory on the same day that you collect it and try to do this within one week of receiving your blood sampling kit. **To avoid Christmas postal delays, please do not collect and return your sample between 20th December and 3rd January.**

Continued overleaf

Please use a Royal Mail priority postbox to return your sample if you are able to – these have NHS logos on them and you can find your nearest one at www.royalmail.com/services-near-you/. These post boxes are collected from most frequently but if you do not live near a priority post box, please use a regular one. **Do not take your sample to a post office to post it over the counter as they are not able to accept COVID-19 related packages.**

Your online symptoms questionnaire should be completed on the same day that you provide your sample. It can be accessed by clicking on the link contained in your kit despatch email or by logging in to the participant website at www.ukbiobank.ac.uk/members and clicking on 'Symptoms survey'.

What if I have problems?

If you encounter a problem that prevents you from providing a sample (for example, something is missing or broken, or because you could not collect enough blood), please log in to the UK Biobank participant website at www.ukbiobank.ac.uk/members and click on 'Request new kit' to request a replacement. Your Participant ID (PID) can be found on any of the recent emails we have sent to you.

Please note that you can only request one replacement kit via the website. If you have previously requested a replacement kit and your new kit is defective, please contact our Participant Resource Centre on 0800 0 276 276 (Monday to Friday 9am to 5pm).

If you had an adverse reaction, were harmed as a result of taking the sample or had any other problems that did not require you to request a new kit, please contact our Participant Resource Centre.

Please do not include any personal information with your kit when you return your sample as this will not be followed up.

If you have any questions, please refer to our website at www.ukbiobank.ac.uk/coronavirus-research. If you are unable to find the answer, please call us free of charge on 0800 0 276 276 (Monday to Friday 9am to 5pm) or email us at ukbiobank@ukbiobank.ac.uk.

Thank you for your support of UK Biobank.

Very best wishes



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