

Thank you for registering in the HEROS study! Your participation will help us learn more about COVID-19.

- Congratulations! You've already completed the first survey which is the longest in the study.
- You have your sample collection box and are ready to collect your first samples.
- You will get a text, email or phone call to tell you when to collect samples and which ones to collect.

This box contains all of the supplies you need to collect the first few nose, stool (poop) and blood samples. This box also contains the supplies you need to collect samples if someone in your home gets sick. You will receive more sample supplies in a few weeks for the rest of the every two week sample collections.

This first box includes:

- Nose Sample boxes (bag with supplies and return mailing box)
- Stool (poop) bag with supplies (*this is only collected once, unless someone becomes sick*)
- Blood collection device
- Gloves
- Masks (**you will reuse the masks so please don't throw them away!**)
- Step-by-Step Instructions for how to collect the samples for nose, stool (poop) and blood.

Sick Collection Supplies

- SICK Nose Sample box (bag with supplies and return mailing box)
- SICK Stool (poop) Sample box (bag with supplies)

Note: Please keep these materials in a safe place and out of the reach of children. Drinking or touching the liquid in the tubes could cause harm. Also, the supplies used for the study are difficult to replace so please be cautious.

What do I do next?

Every week you will receive a text or email asking you to take a survey. Every two weeks at the end of the survey it will remind you to collect samples. The chart at the end of this packet shows when you will need to complete a survey and collect nose samples, stool (poop) samples and blood samples.

There are VERY helpful videos on the HEROS website that show you how to collect nose and blood samples. Watch the videos before collecting samples. You will follow the step by step paper instructions to collect the samples.

You'll do three things with every sample collection:

- ✓ **Collect the samples while following the instructions**
- ✓ **Enter the sample numbers in the HEROS website**
- ✓ **Mail the samples the same day or next day**

Collecting nose, stool (poop) and blood samples is a very important part of the HEROS study. Since you are collecting these at home it is VERY IMPORTANT that we know which sample was taken from which person. **The only way we will know this is if you match the sample number on the label with the right person in the HEROS study website.**

To make this easier, each family member taking part in HEROS will be assigned a color to help keep the samples apart. The Primary Caregiver will be BLUE, the enrolled study child will be RED, the Second Caregiver, if enrolled, will be GREEN and the enrolled sibling, if enrolled will be YELLOW. For example, if you are collecting a nose swab on yourself as the primary caregiver, your color is BLUE so make sure you put your collected swab in the tube that says BLUE on the label. Please use the Color Chart sheet to assign your family members a color. Keep the sheet on your refrigerator or in another place in your home that will be easy to use during the study.

Once you collect your samples and secure the caps on the tubes, please lay them together on the counter with the specimen sample numbers visible and take a picture of them all together. We will ask you to upload this picture into the HEROS website in case we ever need to go back and check a sample number.

If you have questions, please contact your study staff.



Thanks for participating in HEROS!

Place the next page on your refrigerator as a reminder.

Color Chart

Each family member will keep the same color for the entire study!

Color	Write family member's name here:
BLUE	Primary Caregiver:
RED	Study Child:
GREEN	Second Caregiver (if applicable):
YELLOW	Enrolled Sibling (if applicable):

			
WEEKLY STUDY ACTIVITIES COMPLETED AT HOME FOR ALL PARTICIPATING FAMILY MEMBERS			
Weeks 2-3	Once Every Two Weeks 4-16	Week 18	Week 24
Complete <input checked="" type="checkbox"/> SURVEY Collect and mail <input type="checkbox"/> NOSE SAMPLE <input type="checkbox"/> STOOL SAMPLE <input type="checkbox"/> BLOOD SAMPLE	Complete <input type="checkbox"/> SURVEY Collect and mail <input type="checkbox"/> NOSE SAMPLE	Complete <input type="checkbox"/> SURVEY Collect and mail <input type="checkbox"/> NOSE SAMPLE <input type="checkbox"/> BLOOD SAMPLE	Complete <input type="checkbox"/> SURVEY May collect at home or clinic visit <input type="checkbox"/> NOSE SAMPLE <input type="checkbox"/> BLOOD SAMPLE
Once Every Two Weeks 3 – 23			
Complete <input type="checkbox"/> HEALTH CHECK	➤ FIRST illness in the house after enrollment ➤ Study child gets sick	After the Health Check, the HEROS website will tell you if you need to use the SICK KIT to collect and mail samples.	

Important reminders:

- ✓ Don't throw away your mask because you will need to reuse it for other collections.
- ✓ Keep the supplies away from children so they aren't hurt by the liquid in the tubes and the materials don't get lost.
- ✓ You will always be reminded if you need to collect samples at the end of the survey.
- ✓ ALWAYS take a picture of your samples and enter the sample numbers in the HEROS website BEFORE closing them in the mailing box.
- ✓ Be sure each person uses the same color for the whole study.
- ✓ The very first time you will collect stool (poop), but after that you will only do nose or blood unless someone is sick.
- ✓ Plan to mail the samples the same day or the next day you collect them.
- ✓ Use UNASSIGNED color from the SICK KIT if the person sick is not yet enrolled.