

Self-swabbing instructions for participants

Instructions for RECOVERY trial staff

On discharge, provide participants with one kit as needed to take the day 5 swab and explain the process of self-swabbing. Replace the staff instruction sheet with a copy of these instructions. **Label collection tubes and boxes with participant ID, and label boxes with the planned collection date(s).** Collection time will be completed by the participant.

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Instructions for participants: taking nose swabs after discharge

Participants in the RECOVERY trial have sequential nose swabs taken, so we can tell if the treatments being tested increase the rate that people clear the influenza virus. Swabs are taken on day 1 (the day of trial entry) and day 5. These are taken by trial staff if participants are still in hospital, but we ask participants discharged before day 5 to collect swabs themselves and post them to the trial laboratory. In this case we'll provide one swab kit on discharge, for postage in any Royal Mail post-box.

Your participant ID and the planned collection date will be written on the front of the kits. Please note that swabs are needed from participants whether or not they received a trial treatment (as those who received usual care with no trial treatment are the comparison group).

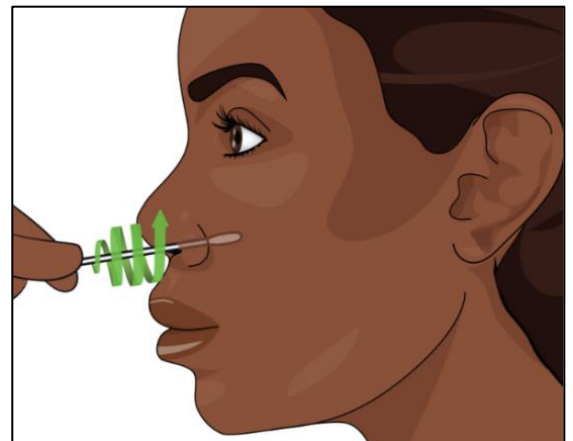
Procedure for taking viral swabs

Kit contents (containing everything you need to take the swab)

- A swab
- A collection tube with a green top containing 2ml of liquid, which should have your participant ID written on already
- A larger screw top container which is used to transport the collection tube
- A cardboard box, which is used to transport the screw top container
- A plastic envelope with pre-printed return label, which the box is posted in

Taking the swab

- 1) Take the swab out of its packet.
- 2) While gently rotating the swab, insert about 2 cm into one nostril pointing directly backwards (not upwards) until resistance is met. Do not use force.
- 3) Rotate the swab five times.
- 4) Repeat in the other nostril using the same swab.
- 5) Place the swab tip first into the collection tube liquid and break at the point where the stick is thinner.
- 6) Replace the lid and **screw lid firmly shut so it doesn't leak**. You do not need to write anything else on the collection tube.



Posting the swab

- 1) Place the collection tube inside the larger screw top tube and close the lid tightly.
- 2) Place the larger tube inside the box and write the time it was taken on the front of the box
- 3) Place the box in the plastic pre-addressed envelope
- 4) Post in your nearest Royal Mail post-box (locations can be found at www.royalmail.com/services-near-you).

Frequently asked questions***I'm unable to take the swab or post it, what should I do?***

If it's not practically possible to take the swab or post it with the kit provided, then you don't need to contact anyone or make alternative plans. We will just do without your sample.

I've taken the swab but cannot post it today, what should I do?

Swabs should ideally be posted on the day of collection but, if necessary, can be posted the next day.

Will I get a result? Will a result go to my doctor?

No, these samples are just for research and the results will not tell us anything useful about your current health.

Thank you for taking part in the RECOVERY trial