



Fenland COVID-19 Study Update – October 2020

This is a copy of a newsletter that was sent to Fenland COVID-19 participants on 1 October 2020. Some information will now therefore be out of date.

If you are a study participant and have not been receiving this newsletter and would like to, please email fenlandstudy.covid19@mrc-epid.cam.ac.uk

Still a chance to take part! (Please note, this opportunity has now passed)

As of 30th September, we are pleased to announce 3,792 participants from the Fenland cohort are enrolled in the Fenland COVID-19 study. And we are still recruiting up to **12 October**. So if you, or those you know in the Fenland cohort, would still like to take part, please contact the study team at fenlandstudy.covid19@mrc-epid.cam.ac.uk



For those already taking part, a big thank you for all your patience and forbearance in the start-up of this study. We set this study up in record time in response to the pandemic with most of the study team working remotely during this period.

Early detection is particularly important at this time as infection rates are starting to rise across the country. The Fenland COVID-19 study is contributing to this effort both providing valuable information on the prevalence of antibodies and change over the coming months, but also in ways we can conduct these studies in the future.

A unique study for unusual times

Fenland COVID-19 study is unique in using a novel device to collect the dried blood spot sample. This allows participants to take their own sample at home without needing to prick your finger with a lance or safety needle or having someone visit the home to take the sample. It also makes it easier to send the sample to the laboratory for testing by using regular

post. This is the first time this device has been used in research in the UK and is also the largest study it has been used in.



Some things to remember:

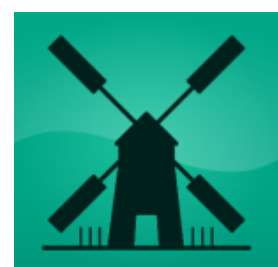
- *If you have not done your test and sent it back to us, please do so as soon as possible.* Our lab team is preparing samples ready for processing now. Participants have told us that watching the video before doing the blood test is particularly useful. [Watch the video of the OneDraw before you use the device and to check if you are using it correctly](#)
- *Don't forget to complete your questionnaires!* Please click on the link in the email you have been sent.
- Please do check the website for more information if you have queries as we are constantly updating the information on the website. www.mrc-epid.cam.ac.uk/fenland-covid19/ If the answer to your query is not there, then do get in touch. fenlandstudy.covid19@mrc-epid.cam.ac.uk/: 0800 085 6183 (Monday – Friday, 9:00am – 4:00pm)

When to measure what

Measurements for all participants	Month						
	0	1	2	3	4	5	6
<i>Take a blood sample</i>	x			x			x
<i>Diet and physical activity questionnaire</i>	x			x			x
For participants in the App sub-study							
<i>COVID-19 symptoms and background questionnaire</i>	x						
<i>COVID-19 update questionnaire and record your body weight online</i>		x	x	x	x	x	x

Huma app sub-study

2,309 participants have now joined this sub-study – thank you. If you have joined you should have received a thermometer and pulse oximeter, together with instructions on how to download and register on the **Huma Fenland COVID-19app**.



This app study is different to other apps being used for COVID-19 studies as we are collecting novel digital markers on the app as well as symptom reporting. This enables us to get a better understanding of the pre-symptomatic phase of the infection, which is the time when people are infectious, but not aware they have COVID-19.

This together with the information you enter on temperature, resting heart rate, oxygen saturation, diet, physical activity and wellbeing are providing valuable insights as we head into autumn.

Android issues resolved

There were some problems during August and early September particularly for participants with Android phones that have now been corrected. We are very sorry for these issues and thank you for your patience.

Make sure to keep your app up to date

When you open the app, please look out for notification for app updates. These updates are required when the smart phone platform systems are changed and when changes are made to the app.

We are working with our collaborator Huma to continuously improve the app, make it easier for you to use and add more information for you within the app. New modules will be added in the coming few weeks. You will receive a notification in the app when these are ready.

Remember to complete your questionnaires

You will receive a message on opening the app when it is time to complete any questionnaires. You can set your own reminders for the symptom recording, temperature, oxygen saturation and heart rate measures for days of the week that suit you best. We would like you to take these measures first thing in the morning before drinking caffeinated drinks or exercising. You can set the time of these reminders too.

Instructions on how to do this are in the Learn section in a short video "getting started with Huma" under Educational resources.

This table will be added to the Learn section of the app shortly to help you remember when measurements need to be taken.

If you are having any technical problems with the app, please do contact Huma directly. This you can do via support@huma.com or within the app itself, click on profile (bottom right of app screen), then click on App Support.

Thank you for your continued participation in the study. In the next newsletter, we look forward to sharing some of the initial findings from the study with you.

The Fenland Study Team

www.mrc-epid.cam.ac.uk/fenland-covid19/

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