

## NEWSLETTER



Welcome to the spring 2020 edition of  
the INTERVAL Newsletter

Data from the INTERVAL trial continues to reveal  
new insights. **Thank you for all your help!**

### Covid-19: Please get involved

In recent days, a COVID-19 symptom tracker mobile application has been developed in the UK as one of the main data collection sources. The free COVID-19 symptom tracker application provides the optimal system for repeatedly tracking Covid-19 symptoms over time in large numbers of people (as evidenced by more than 2 million people who have signed up in the last week!).

We would like to encourage you to sign up and record the presence or absence of symptoms associated with the new coronavirus (Covid-19). We recommend using the same email address you used to receive INTERVAL study communications as there may be opportunities to exchange data between the studies to maximise our understanding of the new virus. Any transfer would be consistent with the commitments about use of data given in each study.

All data from the symptom tracker will be sent directly to Kings College London which will feed into Public Health England policy decisions on a daily basis. Your information will be used to allow scientists to identify high risk areas in the UK, who is more at risk by better understanding symptoms linked to specific health conditions and how fast the virus is spreading in your area.

The app is extremely simple to use. Users are asked to create an account and to provide information, including year of birth and email address, pre-existing health conditions and other lifestyle habits. The app privacy policy outlined that all shared data would be anonymised and not used for any commercial purpose. The dedicated website has a FAQ section and details the privacy policy <https://covid.joinzoe.com/> – we advise that you read this before using.

You can download the COVID-19 symptom tracker app for free from:

[PlayStore \(https://play.google.com/store/apps/details?id=com.joinzoe.covid\\_zoe\)](https://play.google.com/store/apps/details?id=com.joinzoe.covid_zoe) or

[Apple Store \(https://apps.apple.com/gb/app/covid-symptom-tracker/id1503529611\)](https://apps.apple.com/gb/app/covid-symptom-tracker/id1503529611).

By using this app, you can help scientists understand this new virus and help us find a cure.

### The INTERVAL helpdesk

If you have any queries regarding the study please do not hesitate to contact us.  
The INTERVAL Study helpdesk is open Monday to Friday 9am-5pm.  
We are working from home, please email: [helpdesk@intervalstudy.org.uk](mailto:helpdesk@intervalstudy.org.uk)