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Supplementary appendix

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Supplement to: Trunfio M, CalcagnoA, Bonora S, Di Perri G. Lowering SARS-CoV-2 viral load might affect transmission but not disease severity in secondary cases. *Lancet Infect Dis* 2021; published online April 14. https://doi.org/10.1016/S1473-3099(21)00205-X.

Appendix for *Lowering SARS-CoV-2 viral load might affect transmission but not disease severity in secondary cases*

Table: Summary of the available evidence to date on potential effect of the viral load of the source on COVID-19 clinical course in secondary cases

Study	Sample	Setting	Time	Relevant Conclusions
Bielecki et al.[1]	113 cases among 181 individuals on non-strict protective measures 13 cases among 88 individuals on strict protective measures	Healthy militaries (20 years)*	March-April 2020 (no viral sequencing)	No symptomatic (0%) versus 54 symptomatic diseases (47%) among infections of individuals on strict and non-strict protective measures, respectively
Marks et al.[2]	282 index cases 125 secondary cases among 753 contacts	Not hospitalized COVID-19 adult cases (42 years)* Household and health-care workers adult contacts (42 years)*	March-April 2020 (no viral sequencing)	No evidence of an association between the viral load of index cases and both the first viral load of incident positive PCR results among contacts and the time to onset of incident COVID-19 secondary cases
Trunfio et al.[3]	132 index cases 102 secondary cases among 289 contacts	Hospitalized and not hospitalized COVID-19 adult cases (53 years)* Household contacts (34 years)*	March 2020 (no viral sequencing)	No difference in in the period prevalence of symptomatic infections, COVID-19-related hospitalization and death of secondary cases of index cases with high versus low viral load

*median age

References

1 Bielecki M, Züst R, Siegrist D, et al. Social distancing alters the clinical course of COVID-19 in young adults: a comparative cohort study. *Clin Infect Dis* 2021; 72: 598–603.

2 Marks M, Millat-Martinez P, Ouchi D, et al. Transmission of COVID-19 in 282 clusters in Catalonia, Spain: a cohort study. *Lancet Infect Dis* 2021; published online Feb 2. https://doi.org/10.1016/S1473-3099(20)30985-3.

3 Trunfio M, Longo BM, Alladio F, et al. On the SARS-CoV-2 "variolation hypothesis": no association between viral load of index cases and COVID-19 severity of secondary cases. *Front Microbiol* 2021; published online March 16. https://doi.org/10.3389/fmicb.2021.646679.