

Practice Headed paper

<PntTitle> <PntFirstName> <PntSurname>
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<Date>

Dear <PntTitle> <PntSurname>,

The Immune Defence Study: Reducing colds, flu and similar infections

We are writing to invite you to take part in a study that <insert name of practice> is involved in and which is being run by the University of Southampton.

Researchers in Southampton have developed a study to see if common nasal (nose) sprays and lifestyle advice about getting more active and reducing stress can help people get fewer colds, flu and similar infections (like ear, chest, throat and sinus infections). This also includes COVID-19 which, although it can cause more serious problems, is caught in a very similar way to colds, flu and similar infections. You can read more about the study in the enclosed information sheet.

We are inviting people to take part who may be interested in trying to avoid coughs, colds, flu and other infections. You have been invited either because you talked to your GP about coughs, colds, flu or similar infections in the last year, or because you are eligible for flu vaccination, or have other health conditions.

- **If you are interested in taking part:** please find details about what to do next on the enclosed 'How to Take Part' sheet.
- **If you DO NOT wish to take part:** you do not have to do anything. We have not given any information about you to the research team. However, if you would be happy to tell us why, please go to <https://tinyurl.com/IDStudy2020>. It will help us to improve how we invite patients to take part in future research.

If you have any questions, please contact the research team at University of Southampton by email at IDStudy@soton.ac.uk.

Yours sincerely,

<GPName>