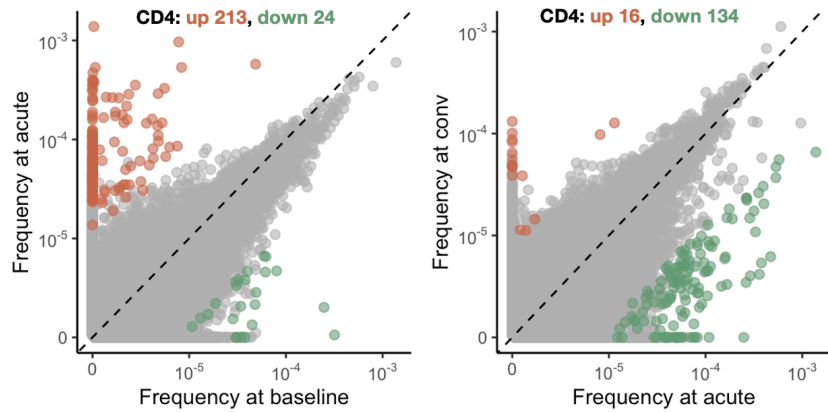
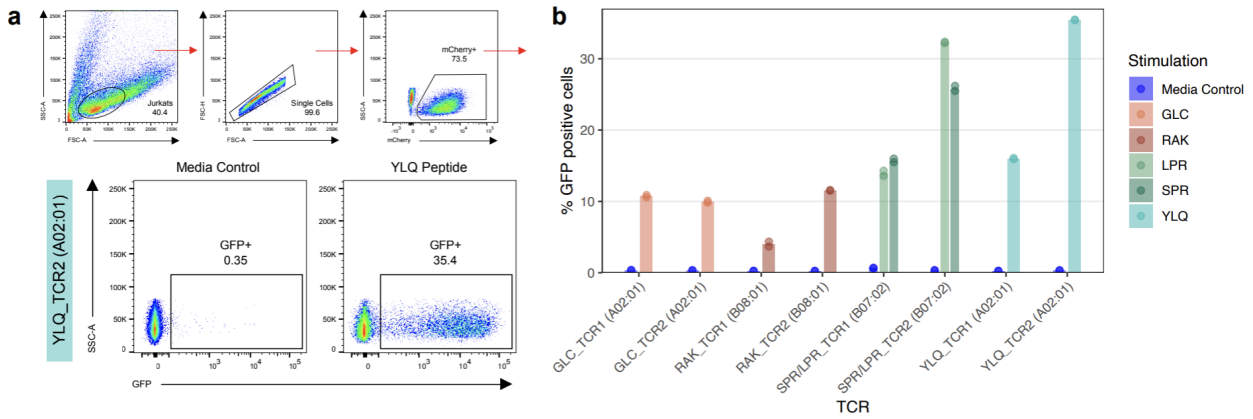


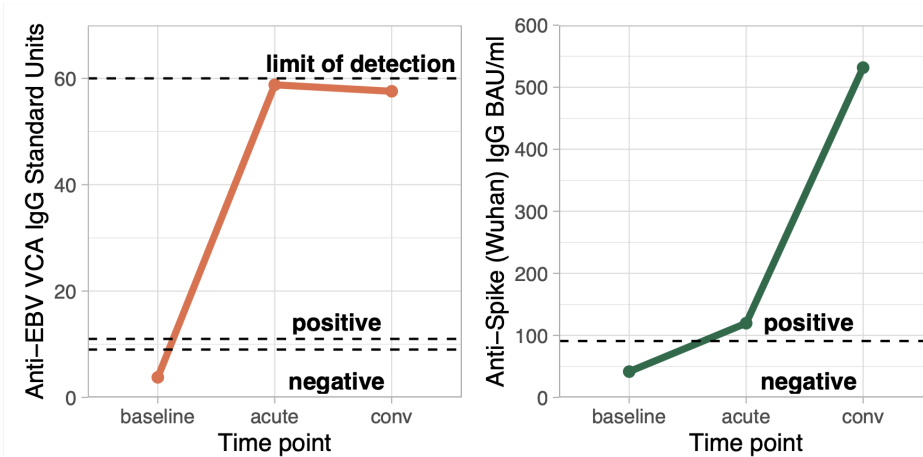
Supplementary Information



SI Fig. 1 TIRTL-seq identifies expansions and contractions in the CD4+ T cell repertoire. Each dot represents TCR β clonotype, frequency at two timepoints is plotted in log-scale. Orange and green color show significantly expanding and contracting clones respectively.



SI Fig. 2 a. Gating strategy and representative flow plots for *in vitro* validation experiments. **b.** *In vitro* validation of predicted TCR specificity. Bars show average percentage of GFP+ cells out of TCR-transgenic Jurkat cells (mCherry+), dots show replicates.



SI Fig. 3 Anti-EBV VCA (left) and Anti-SARS-CoV-2 Spike IgG levels. Lowest dashed line shows seronegativity cut-offs.