INSTRUCTIONS

Please read these instructions before you start to make filling in the diary an easier task.

- We would like you to record in the diary **every** person that you have **contact with** on your assigned day

- A contact is defined as:

  - EITHER a **two-way conversation** with three or more words in the physical presence of another person,
  - OR physical **skin-to-skin contact** (for example a handshake, hug, kiss or contact sports).

- Write down **every person that you contact** during the day, regardless of whether the contact was long or short, and whether you know the person or not.

- Contacts made exclusively by **telephone** or **mobile phone** should **NOT** be recorded.

- If you contact the same person several times in the course of the day, only record him/her once, and record the total time you spent with that person over the entire day. So each person you meet during the day and have contact with should only have one line in the diary: **one person, one line.**

- Please provide some information on your contact, namely:

  - Age.
  - Gender.
  - How long the contact with the person was over the entire day.
  - Places where contact(s) occurred (you may indicate several locations).
  - How often you contact this person in general.
  - Whether there was skin-to-skin contact.

- If you don't know the exact age, give an **estimate of the age range** (e.g. 40-45) and try to make it as narrow as possible.

- **Estimate** the total **duration** of time spent in presence of the contact person that day. Example: 5-15 minutes for a contact in a shop or 1-4 hours for longer contact caring for a child at home.

- After you have finished recording the diary, we suggest that you double check the diary entries by trying to **remember** all of your **activities** to make sure you haven't missed any contact persons.

- The **order** in which you write down your contact persons is **not important**. The easiest is to use a **chronological order** according to when you met the person for the first time during your assigned day and then add anyone else that you might remember as you go through your daily activities.

- For the purposes of this study, the day starts at 5 a.m. on the morning of the day assigned, and ends at 5 a.m. the next morning.

EXAMPLE

This is an example of how somebody might fill in one page of the diary

Age (or range)	Gender		Did you touch his/her skin?		How often do you have contact with this person in general?					Where did you have contact? (tick all which apply on your assigned day)						Total time spent with person during whole day				
	F	M	Y	N	Daily or almost daily	About once or twice a week	About once or twice a month	Less than once a month	Never met before	Home	School / College	Work	Transport	Leisure	Other	Under 5 mins	5-15 mins	15 mins – 1 hr	1 – 4 hrs	More than 4 hrs
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First line: You spoke for ten minutes with your 9-year old son on the way to taking him to school in the morning. In the evening, you played with him from 6 p.m. to 8 p.m. and gave him a kiss before going to the bed.

Second line: You spoke with a young saleswoman in your favourite shoe store, which you go to several times a year. Today you tried out several pairs of shoes.

Please take this diary with you during the day and fill it in now and then when you have time. Thank you for your cooperation.

DEMOGRAPHIC DATA

Please take some time to fill in the following details about yourself.

1. Age   ☐☐ years

2. Sex
   - ☐ Male
   - ☐ Female

3. Profession   _____

4. Highest level of education attained
   - ☐ Primary school
   - ☐ Secondary school
   - ☐ Degree
   - ☐ Postgraduate

5. Nationality
   - ☐ British
   - ☐ Other European Union
   - ☐ Non-European Union

6. Number of people living in your household (including yourself)   ☐☐

7. Ages of people living in your household (including yourself), beginning with the youngest member

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8. First few letters of postcode (before the space)   ☐☐☐

| Age (or range) | Gender | | Did you touch his/her skin? | | How often do you have contact with this person in general? | | | | | Where did you have contact? (tick all which apply on your assigned day) | | | | | | Total time spent with person during whole day | | | | |
	F	M	Y	N	Daily or almost daily	About once or twice a week	About once or twice a month	Less than once a month	Never met before	Home	School / College	Work Transport	Leisure	Other		Under 5 mins	5-15 mins	15 mins – 1 hr	1 – 4 hrs	More than 4 hrs
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Make sure you have not left any contacts out: for example, family members, a salesperson at the supermarket, a waiter in a restaurant, your neighbours, your friends whom you went out with etc.

We do ask you to include every contact you had, but if you were unable to include every single contact (for instance, because you work in a shop till and have a large number of contacts in a day), please could you indicate this?

☐ I included every person I had contact with.
☐ I **did not** include every person I had contact with.

If you **did not** include every person you had contact with, approximately how many people you left out did you have

Physical contact with: ☐☐☐

No physical contact with: ☐☐☐

Once again, thank you for your participation.

All the information you have provided will be treated in strict confidence and will be used for research purposes only.