

**Appendix 1 - Study inclusion and exclusion criteria:**

## Inclusion:

- Households self-select into the study.
- Participants need to join as a household (all must take part).
- They need to have internet connection on a phone, tablet or computer, email and at least one adult that can read English.

## Exclusion Criteria

## We will exclude participants if:

- Number of householders exceeds 6.
- Those without internet connection on a phone, tablet or computer, or an email address available to them as they will be unable to register
- There is no adult in the household who can read English (from March 2021 this will no longer be an exclusion criteria)
- A household is defined as one or more people (not necessarily related) whose usual residence (4days/week or more) is at the same address. These householders share
- cooking facilities, a living room or sitting room or dining area.