

## Appendix

### *COVID-19, smell and taste loss, and Food-related Quality of Life*

Among the individuals who tested positive for COVID-19 infection and exhibited objectively measured smell and/or taste loss at ‘day 1’ (confirmed by the SSTT,  $n = 21$ ), there were no reports of food cravings, avoidances, nausea, or perceived weight loss at the day of recruitment (‘day 0’). Three individuals reported enjoying food less, and two individuals reported eating less food and having a poorer appetite than usual.

*Table S1.* List of items for the Common Household Items Test

Fruit	Cleaning/cosmetic product	Savoury food (1)	Savoury food (2)	Spices	Trigeminal odours
Orange	Hair shampoo	<b>Chicken rice</b>	Pandan leaves	Cumin	Vinegar
Apple	Body wash	Soy sauce	Coriander	<b>Five spice</b>	Toothpaste
<b>Watermelon</b>	Hand soap	<b>Curry gravy</b>	Onion	<b>Lemongrass</b>	Mustard
<b>Papaya</b>	<b>Lavender</b>	Coconut	<b>Chocolate</b>	<b>Ginger</b>	Wasabi
<b>Mango</b>	<b>Air freshener</b>	Cheese	Ketchup	<b>Chilli</b>	Cloves
Banana	<b>Bleach</b>	Sesame oil	Coffee	Garlic	Vodka/ <b>Scotch</b>
Pineapple	Sunscreen		Tea	<b>Sambal</b>	
Fruit Jam	Perfume		<b>Cola</b>	Cardamom	
				Cinnamon	

Table S1 shows a list of the items used for each of the six categories of the Common Household Items Test. This procedure was informed by a study using common household items to assess smell sensitivity in a Swedish population (Iravani et al., 2020). Therefore, some of the items (in bold) were added in order to ensure the items were more applicable to items commonly found in a Singapore household, while other less relevant items were removed.

## Appendix

*Table S2. Occurrence of COVID-19 Symptoms (self-reported) currently and in the last 24-hours (N=99)*

	Smell loss (total)	Smell loss (partial)	Diminished taste	No symptoms	High temperature	Chills	Dry cough	Cough with mucus	Nasal congestion	Runny nose	Difficulty breathing	Sore throat	Muscle aches	Fatigue	Headache	Eye itchiness
<b>Currently</b>																
Positive (n=72)	1	3	2	60	2	0	4	0	1	1	0	3	0	1	1	1
Negative (n=27)	0	0	0	5	6	1	11	3	1	5	1	9	3	0	4	0
<b>Last 24 hours</b>																
Positive (n=72)	1	4	3	63	2	0	4	0	1	0	0	0	0	1	0	1
Negative (n=27)	0	1	0	15	3	1	6	1	1	1	0	4	1	0	2	0

No positive participants complained of chills, cough with mucus, difficulty breathing, muscle aches, diarrhoea, abdominal pain, or vomiting/nausea. Of the COVID-19 positive participants with objective smell or taste loss (as confirmed by the SSTT, n=24), 19 reported no other symptoms currently or in last 24 hours.

## Appendix

*Table S3. Self-reported sino-nasal problems using the 22-item Sino-Nasal Outcome test (SNOT-22)*

	Blow nose	Sneezing	Runny nose	Cough	Post-nasal discharge	Thick Nasal Discharge	Sleeping problems <sup>a</sup>	Fatigue	Reduced productivity	Reduced concentration	Negative emotions <sup>b</sup>	Smell and taste loss	Blocked nose
<b>Positive</b>													
“Problem as bad as it can be”	0	1	4	2	0	1	2	1	1	1	1	1	1
“Severe problem”	1	1	0	1	1	0	2	1	1	1	0	1	1
“Moderate problem”	0	0	0	2	0	0	1	2	2	0	0	3	1
“Mild or slight problem”	0	0	0	0	0	0	0	0	0	1	0	1	0
“Very mild problem”	0	0	0	0	0	0	0	0	0	60	0	1	0
“No problem”	71	70	68	67	71	71	67	68	68	10	71	65	69
<b>Negative</b>													
“Problem as bad as it can be”	1	1	3	4	2	0	1	1	1	1	1	0	0
“Severe problem”	1	1	0	3	2	0	0	0	0	0	0	0	0
“Moderate problem”	1	1	3	0	0	0	1	0	0	0	0	0	0
“Mild or slight problem”	0	0	0	0	0	0	0	0	0	0	0	0	2
“Very mild problem”	0	0	0	0	0	0	0	0	0	24	0	1	0
“No problem”	24	24	21	20	23	27	25	26	26	2	26	26	25

Participants were asked to rate each problem on how severe a problem it had been over the past 2 weeks. <sup>a</sup> Sleeping problems included difficulty falling asleep, waking in the night, lack of a good night’s sleep, and waking up tired. <sup>b</sup> Negative emotions included frustration/restlessness/irritability, sadness, and embarrassment. No participants complained of dizziness, feeling embarrassed, facial pressure or pain, or ear pain, pressure, or fullness.

## Appendix

Figure S1. Most commonly selected odours from the common household item test (N=99)

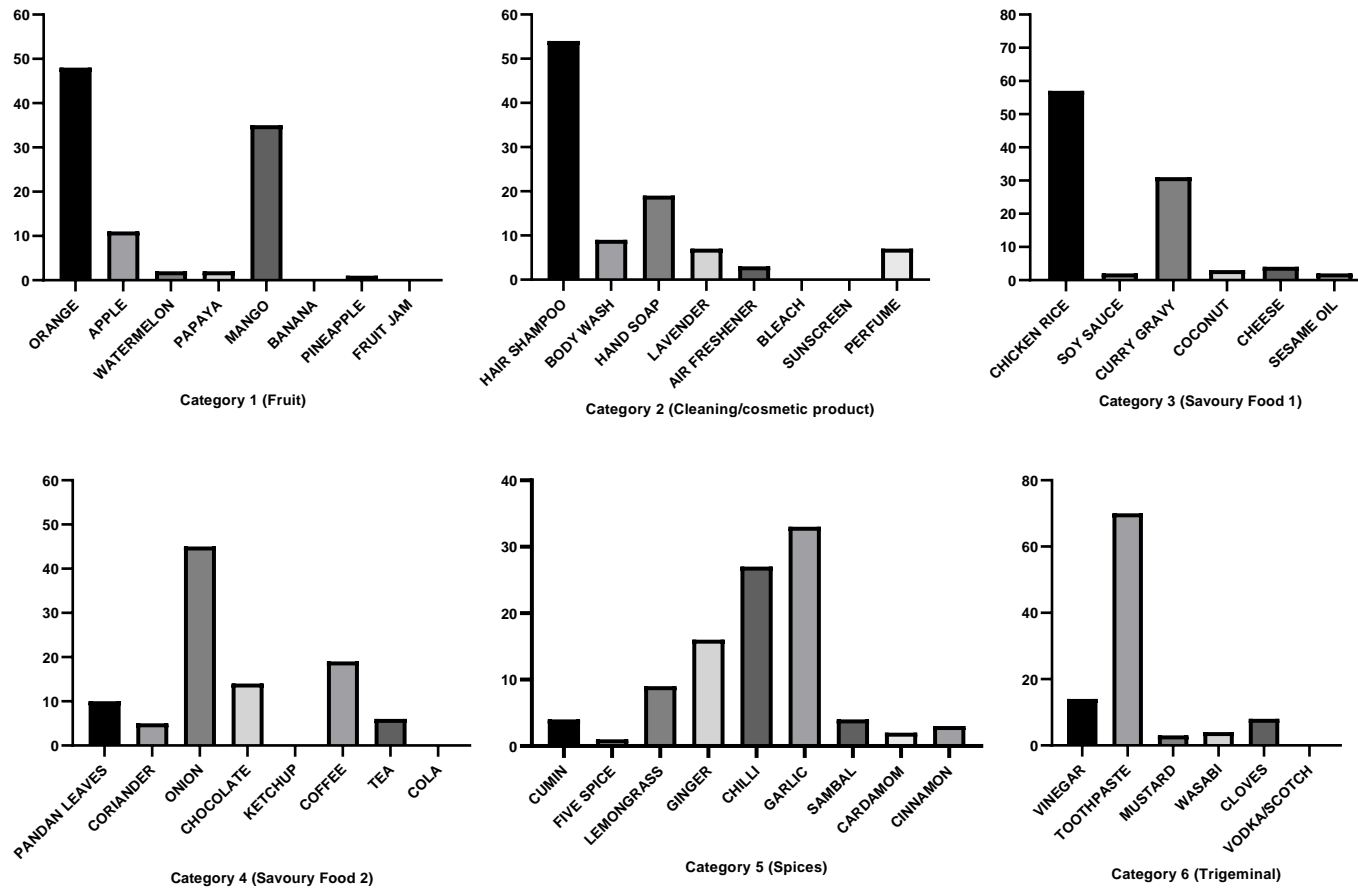


Figure S1 shows the most commonly chosen items from each of the six categories of the Common Household Items Test. If participants completed multiple days, the most commonly used was taken. If participants completed multiple days but did not favour a particular item, the item used on day 1 (where the participant was in their place of residence for the first time), or the closest day thereafter, was taken as the most common.

## Appendix

Figure S2. SSTT test scores in COVID-19 positive participants with objectively measured smell and taste loss on the SSTT at baseline ( $n=17$ )

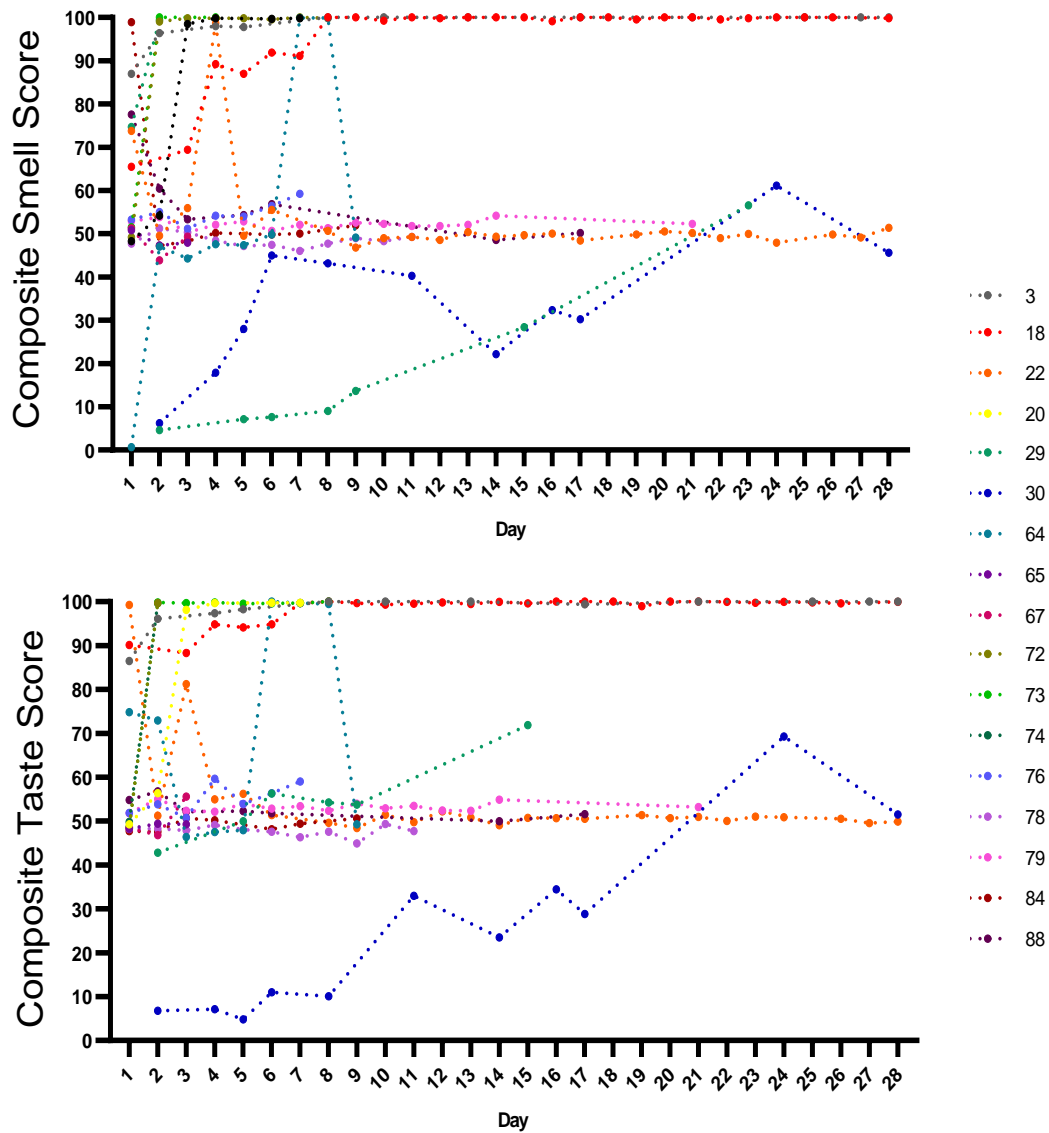


Figure S2 shows the home-use test scores in COVID-19 positive participants who had smell and/or taste loss confirmed by objective measurements at day 1. The dotted lines are used to show the trajectory of changes/recovery of smell and/or taste for each participant, however the larger dots represent a day at which the SSTT was completed (and an objective score of smell and/or taste recorded).