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Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see our Editorial Policies and the Editorial Policy Checklist.

Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a	Confirmed	
☐	☒	The exact sample size (*n*) for each experimental group/condition, given as a discrete number and unit of measurement
☐	☒	A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
☐	☒	The statistical test(s) used AND whether they are one- or two-sided *Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
☒	☐	A description of all covariates tested
☐	☒	A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
☐	☒	A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
☐	☒	For null hypothesis testing, the test statistic (e.g. *F*, *t*, *r*) with confidence intervals, effect sizes, degrees of freedom and *P* value noted *Give P values as exact values whenever suitable.*
☒	☐	For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
☒	☐	For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
☒	☐	Estimates of effect sizes (e.g. Cohen's *d*, Pearson's *r*), indicating how they were calculated

Our web collection on statistics for biologists contains articles on many of the points above.

Software and code

Policy information about availability of computer code

Data collection	Illumina NovaSeq Control Software (v1.6.0.b35), Illumina Real-Time Analysis software (v3.4.4), PacBio instrument control software (v8.0.0.78867)
Data analysis	TrimGalore (v0.4.3), cutadapt (v1.2.1), centrifuge-1.0.3-beta, STAR (v2.7.3a), UMI-tools (v1.0.1) SMRT Link (v 8.0.0.80529) Iso-Seq analysis pipeline, pbmm2 (v1.1.0) R (v4.0.2)

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Research guidelines for submitting code & software for further information.

Data

Policy information about availability of data

All manuscripts must include a data availability statement. This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A list of figures that have associated raw data
- A description of any restrictions on data availability

All data described in this study have been deposited in National Center for Biotechnology Information Sequence Read Archive under accession PRJNA690577. Source data for the main figures in the manuscript is available as Supplementary Data 8.

Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see nature.com/documents/nr-reporting-summary-flat.pdf

Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size	No sample-size calculation was performed. We followed the general rule of thumb of ~30 samples (by central limit theorem) for each sub-population.
Data exclusions	KEL3805A3011 was excluded from amplicon-seq data analysis as qc indicated extreme skewed pooling. Six samples were excluded from Poly-A+ RNA-Seq correlation and relative abundance analysis. KEL3805A2713, KEL3805A2807, KEL3805A2874, KEL3805A2881, and KEL3805A3005 were excluded as the total number of junctions < 100. COV19-032 was excluded as its CT value was unavailable. KEL3805A2874 was excluded from Iso-Seq analysis as there was insufficient full-length viral read.
Replication	*Describe the measures taken to verify the reproducibility of the experimental findings. If all attempts at replication were successful, confirm this OR if there are any findings that were not replicated or cannot be reproduced, note this and describe why.*
Randomization	*Describe how samples/organisms/participants were allocated into experimental groups. If allocation was not random, describe how covariates were controlled OR if this is not relevant to your study, explain why.*
Blinding	*Describe whether the investigators were blinded to group allocation during data collection and/or analysis. If blinding was not possible, describe why OR explain why blinding was not relevant to your study.*

Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

Materials & experimental systems

n/a	Involved in the study
☒ ☐	Antibodies
☒ ☐	Eukaryotic cell lines
☒ ☐	Palaeontology and archaeology
☒ ☐	Animals and other organisms
☒ ☐	Human research participants
☒ ☐	Clinical data
☒ ☐	Dual use research of concern

Methods

n/a	Involved in the study
☒ ☐	ChIP-seq
☒ ☐	Flow cytometry
☒ ☐	MRI-based neuroimaging