

Bern, get ready (BEready) population-based cohort study for pandemic preparedness: main study

Hello!

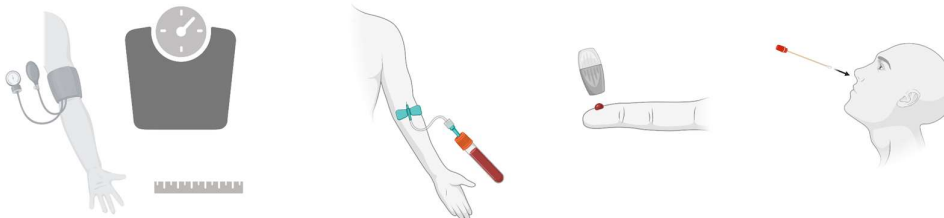
We are asking you here whether you are willing to take part in our research project with your family. Your family can take part because you live in the Canton of Bern.

What will be done and why?

- We are a group of researchers from the University of Bern. Our research project is called BEready. It aims to find out how people in the Canton of Bern can be helped to be more prepared for the next pandemic.
- We want to understand how contagious diseases, so illnesses that can be caught from others, get passed from person to person and between people and animals.
- We want to look at what makes people and animals more likely to catch diseases and what protects them from them.
- We want to better understand what effects the COVID-19 pandemic had on people in the Canton of Bern.

What will happen to you if I you take part?

- If you decide to take part, we will measure your weight, height, hip/waist size, and blood pressure. We also take a little bit of blood from your arm and finger.



- Every time you catch a cold or the flu, your parents will take a swab from your nose. Every year, your parents will have to take a few drops of blood from your finger.
- The blood samples and nose swabs may not feel very nice. If you want, we can give you a cream or a plaster before the blood is taken that will make it so you don't feel anything in your arm for a little bit.



BEready

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What will it do for you if you take part in the research project?

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- It will help us if you take part, because we will better understand how these contagious diseases are caught by other people, and we will help people in the Canton of Bern to be better prepared for the next pandemic. Taking part in the study will not help you personally.

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Do you have to take part?

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- You decide yourself whether you want to take part. That means that you don't have to take part unless you and your parents want to. You and your parents can change your mind again at any time, and nothing bad will happen for your family if you do.

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47 Do you want to take part in the research project?

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Yes 😊 No 😞