

1 **Long-Term SARS-CoV-2-Specific Immune and Inflammatory Responses Across a**
2 **Clinically Diverse Cohort of Individuals Recovering from COVID-19**

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1 **ABSTRACT**

2 A detailed understanding of long-term SARS-CoV-2-specific T cell responses and their
3 relationship to humoral immunity and markers of inflammation in diverse groups of
4 individuals representing the spectrum of COVID-19 illness and recovery is urgently
5 needed. Data are also lacking as to whether and how adaptive immune and
6 inflammatory responses differ in individuals that experience persistent symptomatic
7 sequelae months following acute infection compared to those with complete, rapid
8 recovery. We measured SARS-CoV-2-specific T cell responses, soluble markers of
9 inflammation, and antibody levels and neutralization capacity longitudinally up to 9
10 months following infection in a diverse group of 70 individuals with PCR-confirmed
11 SARS-CoV-2 infection. The participants had varying degrees of initial disease severity
12 and were enrolled in the northern California Long-term Impact of Infection with Novel
13 Coronavirus (LIINC) cohort. Adaptive T cell responses remained remarkably stable in
14 all participants across disease severity during the entire study interval. Whereas the
15 magnitude of the early CD4+ T cell immune response is determined by the severity of
16 initial infection (participants requiring hospitalization or intensive care), pre-existing lung
17 disease was significantly associated with higher long-term SARS-CoV2-specific CD8+ T
18 cell responses, independent of initial disease severity or age. Neutralizing antibody
19 levels were strongly correlated with SARS-CoV-2-specific CD4+ T but not CD8+ T cell
20 responses. Importantly, we did not identify substantial differences in long-term virus-
21 specific T cell or antibody responses between participants with and without COVID-19-
22 related symptoms that persist months after initial infection.

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1 INTRODUCTION

2 There is an ongoing and urgent need to understand the development and persistence of
3 natural immunity in individuals who have recovered from SARS-CoV-2 infection. Until
4 vaccination becomes widely available and accessible, many previously infected persons
5 will continue to rely upon natural immunity to protect against re-infection. A detailed
6 understanding of T cell responses to natural infection could also inform our expectations
7 for the magnitude and durability of these responses after vaccination.

8
9 Most people generate detectable SARS-CoV-2-specific CD4+ and CD8+ T cell
10 responses following natural infection with the virus (Grifoni et al. 2020; Peng et al.
11 2020; Sekine et al. 2020; Rydyznski Moderbacher et al. 2020; Braun et al. 2020; Zhou
12 et al., n.d.; Breton et al. 2021; Dan et al. 2021). However, current understanding of the
13 factors associated with the magnitude and long-term persistence of the cellular immune
14 response and its relationship to clinical outcomes, humoral responses, and soluble
15 markers of inflammation remain limited. In particular, there is a need to understand
16 these responses in diverse groups of individuals representing the spectrum of COVID-
17 19 illness and recovery. To date, many cohort studies describing SARS-CoV-2 memory
18 T cell responses have selectively included mostly women (Peng et al. 2020), younger
19 individuals with few comorbidities and mild disease (Grifoni et al. 2020), and white study
20 participants (Breton et al. 2021), therefore limiting data on the immunologic
21 characteristics of specific groups that have been disproportionately affected by COVID-
22 19 (Breton et al. 2021; Richardson et al. 2020; Chamie et al. 2020; Figueroa et al. 2020;
23 Wadhera et al. 2020). Furthermore, there is growing interest in understanding whether

1 important immunologic differences may exist among groups experiencing rapid versus
2 prolonged COVID-19 recovery, but data from this latter group are lacking (Hellmuth et
3 al. 2021; Tenforde et al. 2020; Carfi et al. 2020; Drew et al. 2020; Huang et al. 2021;
4 Datta, Talwar, and Lee 2020).

5
6 To address these important issues, we measured SARS-CoV-2-specific T cell
7 responses, soluble markers of inflammation, or antibody levels and neutralization
8 capacity longitudinally up to 8.9 months following infection in a diverse group of 70
9 individuals with PCR-confirmed SARS-CoV-2 infection with varying degrees of initial
10 disease severity in northern California enrolled in the Long-term Impact of Infection with
11 Novel Coronavirus (LIINC) cohort. We demonstrate that, while the magnitude of the
12 initial cellular immune response is determined by the severity of initial infection, these
13 responses remain remarkably stable for up to 8 months. Whereas the magnitude of the
14 early CD4+ T cell immune response is determined by the severity of initial infection
15 (participants requiring hospitalization or intensive care), pre-existing lung disease was
16 significantly associated with higher long-term SARS-CoV2-specific CD8 T cell
17 responses, independent of initial disease severity or age. Neutralizing antibody levels
18 were strongly correlated with SARS-CoV-2-specific CD4+ T but not CD8+ T cell
19 responses. Importantly, we did not identify substantial differences in long-term virus-
20 specific T cell or antibody responses between participants with and without COVID-19-
21 related symptoms that persist months after initial infection.

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1 RESULTS

2 **Characterization of a clinically diverse COVID-19 cohort over eight months of** 3 **recovery**

4 In order to evaluate adaptive immune and inflammatory responses over a range of
5 COVID-19 presentations, we selected 70 cohort participants that represented a wide
6 range of initial disease presentations, from those with no or mild symptoms to those
7 requiring hospitalization or treatment in an intensive care unit (ICU). One participant had
8 antibody and inflammatory marker data but insufficient cell viability for T cell analyses.
9 We prioritized inclusion of participants enrolled during early recovery (within 40 days
10 following onset of symptoms) and those with samples available at later time points after
11 symptom onset. Peripheral blood mononuclear cells (PMBCs), plasma and serum were
12 collected longitudinally between one and 8 months after symptom onset.

13
14 Overall, 48.6% of participants were female, 25.7% identified as Latino or Latina (Latinx)
15 and 39 55.7% identified as white (non-Latinx) as shown in **Table 1**. 25.7% participants
16 were hospitalized (all but two required supplemental oxygen), and 14.3% reported
17 receiving ICU care. A significantly higher proportion of males than females were
18 hospitalized (38.9% vs 11.8%; $P=0.02$) and all participants who received ICU care were
19 male ($P<0.01$). A significantly higher proportion of hospitalized participants (61.1%)
20 identified as Latinx ($P<0.001$). The majority of participants did not have underlying
21 medical comorbidities, but 18.6% were previously diagnosed with lung disease (e.g.,
22 asthma, chronic obstructive pulmonary disease, etc.), 12.9% with hypertension and
23 8.6% with diabetes mellitus (DM). Given the large number of individuals enrolled prior to

1 widespread availability of COVID-19-specific therapies, only 4.3% reported having
2 received remdesivir, 11.4% received hydroxychloroquine with or without azithromycin,
3 and one participant each reported receiving systemic corticosteroids and convalescent
4 plasma.

5
6 Ninety seven percent of participants had COVID-19-related symptoms at the time of or
7 immediately following their initial diagnosis, and 45.8% had persistence of at least one
8 COVID-19-attributed symptom during the initial convalescent visit which was a median
9 of 53 days since symptom onset (or initial time of PCR positivity for asymptomatic
10 individuals; **Table 1**). 36.4% had COVID-19-related symptoms approximately 4 months
11 after initial illness (median 125 days since initial symptom onset). Although not
12 statistically significant, a higher proportion of females than males reported persistent
13 symptoms at the initial and four-month study visits (52.9% versus 38.9%, and 45.5%
14 versus 27.3%, respectively), despite lower hospitalization rates and similar time to study
15 enrollment. Pulmonary symptoms including cough and shortness of breath, fever and
16 loss or changes in smell or taste, fatigue and neurological symptoms (including
17 headache, difficulties with concentration, attention, brain fog, neuropathies) were the
18 most commonly experienced symptoms during acute infection (all reported in >70% of
19 participants) and during the first study visit (**Table 1**).

20
21 **SARS-CoV-2-specific T cell responses are stable over 8 months following initial**
22 **infection**

1 We applied two different methods to ascertain the frequency of SARS-CoV-2-specific
2 CD4+ and CD8+ T cells in the peripheral blood after stimulation with Spike- or
3 Nucleocapsid-derived peptide pools: the activation induced marker (AIM) assay, which
4 measures co-expression of OX40 and CD137 (4-1BB) on CD4+ T cells or co-expression
5 of CD69 and CD137 on CD8+ T cells (Grifoni et al. 2020) (gating strategy shown in
6 **Supplementary Figure 1**), and an intracellular cytokine staining (ICS) assay to
7 ascertain the frequencies of CD8+ and CD4+ T cells expressing interferon (IFN) γ , co-
8 expressing tumor necrosis factor (TNF) α and IFN γ , and IFN γ - cells expressing the
9 degranulation marker CD107a. The percentage of CD8+ T cells identified in the ICS
10 assay by the expression of CD107a and/or IFN γ that co-express Granzyme B was also
11 measured (gating strategy shown in **Supplementary Figure 2**). Overall, 192 unique
12 sample time points across 69 participants ranging from 26 to 266 days (8.9 months)
13 after onset of symptoms were tested and yielded interpretable results from either AIM or
14 ICS assays. A large majority of participants had detectable Spike (S) or Nucleocapsid
15 (N) protein SARS-CoV-2-specific non-naïve (memory) CD4+ (100%) and CD8+ (95.7%)
16 T cell responses greater than the upper interquartile range of five historical blood
17 banked samples collected prior to November 2019 at at least one time point over the
18 entire study period by either AIM or ICS assays (**Supplementary Table 1**). An upper
19 quartile cut-off was used given potential for noise in certain pre-COVID samples which
20 may have been due prior coronavirus infection cross-reactivity as has previously been
21 shown (Sekine et al. 2020). A median of 23.1 (IQR 10.3, 36.6)% of IFN γ + CD8+ T cells
22 (N and S-specific) and 61.5 (IQR 44.4, 76.0)% of IFN γ + CD4+ T cells (N- and S-
23 specific) produced TNF α across all timepoints sampled (P<0.001).

1 The frequency of SARS-CoV-2 S- and N-specific memory CD4+ and CD8+ T cells
2 (measured as AIM+, or ICS+: IFN γ +, IFN γ +/TNF α +, or IFN γ -/CD107a+) for the most
3 part did not significantly change over the sampling period (*i.e.*, slopes were not different
4 from zero in linear mixed effects models). The exception to this was a modest decrease
5 in the frequency of CD4+ T cells expressing IFN γ + in response to N peptide stimulation
6 (-0.0065 log₂ change in percentage per day, P=0.011). These data demonstrate long-
7 term stability of SARS-CoV-2-specific T cell responses in our cohort (**Figure 1;**
8 **Supplementary Figure 3**).

9
10 **Differences in SARS-CoV-2-specific T cell responses across demographic and**
11 **disease factors**

12 We next asked whether the frequency of SARS-CoV-2-specific CD4+ and CD8+ T cells
13 (AIM+, IFN γ +, IFN γ +/TNF α +, and IFN γ -/cd107a) were impacted by various clinical and
14 demographic factors. We first employed cross-sectional analyses at two unique study
15 time points, one early and one late during study collections (median 53 days after
16 symptom onset [IQR 38-64.5] versus median 123 days [IQR 115-130.5], respectively).
17 We then performed longitudinal analyses using linear mixed effects modeling over all
18 time points, with days from onset of symptoms and individual factors (*i.e.* sex,
19 race/ethnicity, age, COVID-19-related hospitalization, prior ICU care, and the presence
20 of persistent COVID-19-related symptoms) as model parameters. Longitudinal models
21 incorporated random variability for each participant.

22

1 We observed differences in the frequency of SARS-CoV-2-specific memory CD4+
2 and/or CD8+ T cell responses according to several demographic and clinical
3 parameters in both cross-sectional (early and late time points) and longitudinal linear
4 mixed effects models. We highlight key differences in IFN γ -expressing cell populations
5 identified by the ICS assay in **Figure 2** (differences in polyfunctional responses as
6 determined by co-expression of IFN γ and TNF α followed a similar pattern and are
7 shown in **Supplementary Figure 4**). Participants hospitalized during acute infection
8 had significantly higher frequencies of N and S-specific IFN γ + CD4+ T cells at the early
9 analysis time point and S-specific IFN γ + CD4+ T cells at the late analysis time point
10 compared to non-hospitalized participants (**Figure 2A**). We also observed higher N and
11 S IFN γ + CD4+ responses in hospitalized participants mixed effects models across all
12 longitudinal data points through the last collection time point at study month 8 ($P= 0.025$
13 and 0.068 ; **Figure 2B**). The subset of hospitalized participants who were admitted to the
14 ICU had significantly higher frequencies of N-specific IFN γ + CD4+ T cells at both cross-
15 sectional early and late analysis time points compared to participants that did not
16 require ICU care, regardless of hospitalization (**Figure 2C**). N-specific IFN γ + CD4+ T
17 cell responses were also significantly higher for participants receiving ICU care across
18 all time points in linear effects modeling ($P=0.024$).

19
20 While we did not observe differences between participants <50 or ≥ 50 years of age at
21 the early analysis time point, those aged ≥ 50 years had significantly higher percentages
22 of N and S-specific IFN γ + CD4+ T cells at the late analysis time point (**Figure 2D**;
23 **Supplementary Figure 4**). Interestingly, participants with a pre-existing history of

1 pulmonary disease had significantly higher percentages of S-specific IFN γ + CD4+ T
2 cells and S-specific IFN γ + CD8+ T cells at both early and late analysis time points
3 (**Figure 2E; Supplementary Figure 4**). We observed significantly higher N and S IFN γ +
4 CD8+ (P=0.018, 0.016; **Figure 2F**) and S IFN γ + CD4+ (P=0.024) T cell responses in
5 participants with prior pulmonary disease in mixed effects models across all longitudinal
6 data points through the last collection time point at study month 8.

7
8 A significantly higher frequency of S-specific IFN γ + CD8+ T cells was also observed in
9 Asian compared with white (non-Latinx) participants (**Figure 2G**) at the first analysis
10 time point only, but there were no differences between Latinx and white (non-Latinx)
11 participants at either the early or late cross-sectional analysis time points by the ICS
12 assay. In contrast, we observed a significantly higher percentage of S AIM+ CD4+ T
13 cells in Latinx versus white (not-Latinx) participants at the early analysis time point
14 (P=0.025), but not at the later time point (P=0.97). Linear mixed effects modeling also
15 revealed a higher overall percentage of N AIM+ CD4+ T cells (P=0.022) and S AIM+
16 CD8+ T cells (P=0.003) in Latinx versus white (non-Latinx) participants across all
17 longitudinal data points. Despite higher overall levels, the percentage of S AIM+ CD8+ T
18 cells declined in the Latinx but not in the white non-Latinx population (P=0.006;
19 **Supplementary Figure 5**).

20
21 We did not find significant differences in the frequency of SARS-CoV-2-specific CD4+
22 and CD8+ T cells by ICS assay between males and females or between individuals who
23 did or did not have persistent symptoms at the early or late cross-sectional time points

1 or from linear mixed effects models across all time points (all $P > 0.05$); **Figure 2H**.
2 Importantly, we did not observe any major differences between T cell immune
3 responses in those with or without persistent symptoms at either the initial study time
4 point or approximately 4 months following onset of acute infection in cross-sectional or
5 longitudinal analyses (**Supplementary Figure 6**). We observed no differences between
6 any demographic or clinical comparator groups at either the first or last cross-sectional
7 analysis time points for S- or N-specific IFN γ -/CD107a⁺ CD4⁺ or CD8⁺ T cell
8 responses. Overall, a majority of SARS-CoV2-specific CD8⁺ T cells that expressed
9 either IFN γ or CD0107a at the early and late memory cross-sectional analysis time
10 points expressed
11
12 Granzyme B (median 66.7% and 77.3% for N- and S-responsive cells at the early
13 analysis time point and 55.6% and 67.1% at the late analysis time point within both
14 IFN γ ⁺ and IFN γ -CD107a⁺ cells). No significant differences between early and late time
15 points within N- and S-specific T cells were observed (all $P > 0.68$).

17 **Interactions and independent associations between T cell responses and** 18 **demographic and clinical factors**

19 In order to determine the relationships between significant covariates identified in
20 univariate cross-sectional analyses as above (COVID-19-related hospitalization, pre-
21 existing lung disease and age), we performed linear regression modeling using Log₂
22 transformed data for T cell responses at the initial and last analysis time points and
23 performed tests of interactions between covariates. Differences in N and S-specific

1 IFN γ + CD4+ T cell responses at the first time point and S-specific IFN γ + CD4+ T cell
2 response at the last time point between hospitalized and non hospitalized participants
3 remained significant at the first time point when adjusted for age (all $P < 0.042$).
4 Furthermore, increased percentages of N and S-specific IFN γ + CD8+ T cells at the first
5 time point and N-specific IFN γ + CD8+ T cells at the last time point observed in
6 participants with pre-existing lung disease were significant in regression models
7 adjusted for age (all $P < 0.042$). Similarly, all increases in N and S-specific IFN γ + CD8+ T
8 cell responses observed in those with pre-existing lung disease in univariate analyses
9 remained significant when adjusted for prior hospitalization (all $P < 0.024$).

10
11 We identified significant interactions between hospitalization and age for S-specific
12 IFN γ + CD4+ T cells at the last analysis time point ($P = 0.007$), demonstrating that with
13 more advanced age, there were lower percentages of IFN γ -producing CD4+ T cells in
14 hospitalized participants even though the percentage of IFN γ + CD4+ T cells were
15 generally higher for age ≥ 50 and hospitalization in univariate analyses described above.
16 Interestingly, participants with a prior history of lung disease and COVID-19 related
17 hospitalization had lower N-specific IFN γ + CD8+ T cells at the last analysis time point
18 ($P = 0.024$) despite higher levels observed in those with a pre-existing lung disease only.

19
20 **SARS-CoV-2 specific antibody responses and neutralization capacity strongly**
21 **correlate with CD4+ T cell responses**

22 We quantified IgG antibody titers to full-length SARS-CoV-2 N, S, and N fragment
23 (N.361), and the S receptor binding domain (RBD) proteins using an in-house Luminex

1 assay. We also tested neutralizing antibody (NAb) responses using pseudoviruses
2 expressing the Spike protein in the presence of autologous sera from approximately 4
3 months post-symptom onset (median 125 days [IQR 120-133]) across the entire study
4 population (N = 66; 4 participants did not have NAb data available). Consistent with data
5 that we and others (Seow et al. 2020; Long et al. 2020; Gudbjartsson et al. 2020;
6 Naaber et al. 2020; Y. Chen et al. 2020; X. Chen et al. 2020; Kowitdamrong et al. 2020;
7 Lei et al. 2020; Zhao et al. 2020; Gaebler et al. 2021) have previously demonstrated, N,
8 S and RBD-specific antibody levels remained stable over time (**Supplemental Figure**
9 **7**). Higher antibody titers were observed at the early and late memory timepoints in
10 those who were hospitalized (including the subgroup requiring ICU level care; data not
11 shown) and those who identified as Latinx, and at the late memory timepoint only
12 amongst participants ≥ 50 years of age (N-specific responses only for the latter) (all P
13 <0.035 ; **Figure 3A-C**). In linear regression modeling of antibody responses to determine
14 the independent relationships between covariates of interest, we observed that
15 increased N and RBD antibody levels observed in univariate analyses at the first time
16 point in hospitalized participants remained statistically significant when adjusted for
17 Latinx race/ethnicity (P=0.02, 0.05). However, the increases in antibody levels observed
18 in Latinx participants were not significant in adjusted analyses, suggesting that
19 differences in antibody responses are primarily driven by initial disease severity, rather
20 than by demographic factors.

21
22 Neutralizing antibody responses were modestly lower in female participants at the first
23 study time point (P=0.013), but there were no significant differences observed at the last

1 cross-sectional analysis time point (**Figure 3D**). In longitudinal analyses, N, N fragment
2 (N.361), S and RBD-specific antibody levels were higher across all time points for
3 hospitalized participants ($P=0.024, 0.012, 0.014, 0.043$, respectively).

4
5 In order to explore relationships between T cell responses and antibody levels and
6 soluble inflammatory markers, we generated Spearman correlation matrices (**Figure**
7 **3F**). Given the variation in time from initial symptoms to sample collection times and the
8 number of sample time points for each participant, correlation analyses were performed
9 using weighted averages for all T cell, antibody and cytokine data across all time-points.
10 N, N.361, S and RBD-specific antibody levels were significantly correlated with N- and
11 S-specific CD4+ T cell responses (as measured by expression IFN γ as well as dual
12 expression of IFN γ and TNF α), but much less so with CD8+ T cell responses (**Figure**
13 **3F** and **Supplementary Figure 8**). Neutralizing antibody responses were most strongly
14 correlated with S- and N-specific CD4+ T cell IFN γ + and IFN γ + / TNF α + ICS results, and
15 also correlated with S- and N-specific AIM responses as shown in **Figure 3F, G**.

16 17 **Relationships between soluble markers of inflammation and immune responses**

18 We measured longitudinal circulating levels of IL-6, IL-10, IP-10, D-Dimer, sCD14 and
19 sCD163 in a random subset of 57 individuals through study month 4 (**Supplementary**
20 **Figure 9**). There were no significant changes in the levels of soluble markers over time,
21 with the exception of a modest decline in sCD14 ($P=0.006$). No significant differences
22 were observed between demographic and clinical factor groups in cross sectional
23 analysis at the first and last analysis time points. Interestingly, in longitudinal analyses

1 we observed modestly lower IL-6 and IL-10 levels in hospitalized participants ($P=0.007$
2 and $P=0.047$, respectively) and those who received ICU care ($P=0.024$ and $P=0.043$,
3 respectively) across all time points. IP-10 levels were modestly higher in the
4 hospitalized across timepoints ($P=0.028$) and in those with persistent symptoms four
5 months following acute illness ($P=0.034$).

6
7 Spearman correlation analysis was also performed for the soluble markers of
8 inflammation and T cell and antibody responses using weighted averages as in **Figure**
9 **3H**. Overall, there were modest positive associations between IL-1, IL-10 and sCD14
10 levels with the frequency of CD8+ T cell responses as measured by ICS and negative
11 association with D-Dimer levels with CD8+ T cell ICS responses, but many of these
12 associations did not reach statistical significance (**Figure 3H, Supplementary Figure**
13 **7**). We did observe a negative correlation between IL-10 levels and RBD-specific
14 antibody responses, however. IL-6, IL-10, and IP-10 were strongly positively correlated
15 with each other but not with D-Dimer, sCD14 or sCD163.

17 **DISCUSSION**

18 We demonstrate in a well-characterized, diverse cohort with long-term follow-up that
19 adaptive immune responses are relatively stable over 8 months following infection with
20 SARS-CoV-2. While our data do not inform on the clinical protection of SARS-CoV-2-
21 specific immunity, the stability of these responses over time is certainly promising for
22 the durability of natural and potentially vaccine-induced immunity. These findings greatly
23 expand upon descriptions of T cell immunity in cohorts with more homogeneity in

1 participant demographics and/or disease severity (Braun et al. 2020; Peng et al. 2020;
2 Rydyznski Moderbacher et al. 2020; Grifoni et al. 2020; Breton et al. 2021; Dan et al.
3 2021). For example, we observed potentially important differences in CD4+ and CD8+ T
4 cell adaptive immune responses across various groups and differences during both
5 early and late recovery (median of 53 days and 123 after onset of symptoms).
6
7 More specifically, those requiring hospitalization or intensive care during acute infection
8 had higher levels of memory CD4+ T cell responses at the earlier convalescent time
9 point. Whereas the higher percentage of SARS-CoV-2-specific CD4+ T cell responses
10 initially observed in hospitalized participants converged with those in participants who
11 were not hospitalized approximately 4 months following acute infection similar to one
12 prior report (Dan et al. 2021), CD4+ T cell responses remained elevated in those who
13 had required ICU level care. CD4+ T cell responses generally mirrored nucleocapsid,
14 spike and receptor binding domain antibody responses. In contrast, CD8+ T cell
15 responses were less strongly correlated with antibody responses, but we identified
16 persistently higher virus-specific CD8+ T cell responses in the subset of participants
17 with pre-existing pulmonary disease. These differences remained significant after
18 adjusting for prior hospitalization and age. In addition, we observed an interesting
19 interaction in that those with pre-existing lung disease had *lower* SARS-CoV-2-specific
20 CD8+ T cell responses if hospitalized. As a result, our results suggest that the
21 relationships between various demographic and clinical factors are complex and will
22 require large, diverse, and well-curated cohorts to more fully understand relationships
23 between long-term immunity and different components of the immune response.

1
2 Older age is a major factor associated with severe COVID-19 and death and there is
3 ongoing concern that older individuals will experience more rapid decline in viral-specific
4 immunity. Interestingly, we observed minimal age-related differences in the SARS-CoV-
5 2-specific CD4+ T cell response in early convalescence, and a significantly higher
6 response in older individuals months later. There were no significant age-related
7 differences in CD8+ T cell responses. It is possible that additional age-related
8 differences in T cell responses will become more apparent over longer periods of time
9 or that older individuals may experience deficits in the coordination of immune
10 responses rather than differences in the relative frequencies of different cellular
11 responses (Rydyznski Moderbacher et al. 2020). Our cohort was relatively young
12 (median age of 43 years, with the upper quartile of 53 years), and it is possible that we
13 lacked sufficient numbers of older patients to observe significant differences. Despite
14 prior studies showing potential sex differences in early immune responses and immune
15 activation during acute infection (Takahashi et al. 2020), sex appeared to have minimal
16 impact on long-term SARS-CoV-2-specific T cell or antibody immune responses in our
17 cohort, which was nearly 50% female.

18
19 There has been intense interest in understanding the cause and effects of persistent
20 COVID-19 symptoms (Carfi et al. 2020; Hellmuth et al. 2021; Tenforde et al. 2020;
21 Huang et al. 2021; Datta, Talwar, and Lee 2020). Similar to other reports (Sudre et al.
22 2020), we observed a higher proportion of women with persistent symptoms at the time
23 of the first study visit (median 53 days after onset of symptoms), when nearly half of the

1 entire cohort had one or more persistent symptoms attributed to COVID-19. As a result,
2 we had a unique opportunity to study immune responses and inflammation in individuals
3 with or without these symptoms and identified several unique patterns. Overall, we did
4 not detect clear immunologic differences between individuals with and without persistent
5 symptoms, even when they persisted 4 or more months following acute infection,
6 suggesting that persistent symptoms and prolonged recovery is likely a multifactorial
7 process not solely dependent on (or reflected by) adaptive immune responses
8 measured in this study. Much larger studies that clearly define the diverse phenotypes
9 of individuals with persistent symptoms and prolonged recovery will likely be needed to
10 provide a mechanistic understanding of this important group.

11
12 We observed that antibody responses were strongly and positively associated with the
13 frequency of S- and N-specific CD4+ T cells as measured by ICS. Most importantly, we
14 observed the strongest correlations with antibody neutralizing capacity and virus-
15 specific CD4+ responses across ICS and AIM assays. These results are consistent with
16 other studies that have shown an association between the magnitude of SARS-CoV-2-
17 specific CD4+ T cells and antibody levels (Grifoni et al. 2020; Rydyznski Moderbacher
18 et al. 2020). These data suggest the potential importance of follicular helper T cell
19 responses in lymph nodes, and further tissue-based analyses will be important to more
20 clearly define the coordinated adaptive and humoral immune response in diverse
21 populations.

22

1 Strengths of this study include the diversity of the cohort and the even distribution of
2 individuals according to disease severity followed longitudinally over 8 months from
3 initial symptoms. There are several notable limitations. First, the timeframe of sampling
4 was limited to the recovery phase of COVID-19, and it is possible that there are
5 clinically important biological correlates that could have been identified had samples
6 from the infectious period been available. Further analyses leveraging this and other
7 cohorts will assess these predictors. Second, while there is intense interest in
8 understanding post-acute sequelae of SARS-CoV-2 infection, there remains no
9 consensus case definition for this condition. It is possible that our case definition was
10 highly sensitive but lacked the specificity needed to detect biological differences
11 characterizing this condition. As clinical phenotypes of post-acute sequelae of COVID-
12 19 become better-defined, more focused analyses could yield important results. Finally,
13 this study involved a large number of analyses and comparator groups using assays
14 with inherent intra- and inter-participant variation and a high degree of collinearity
15 between study factors, making it difficult to make specific biological or causal
16 inferences. As a result, we used a targeted approach to focus analyses on primary
17 endpoints of interest, and we acknowledge our results are hypothesis generating and
18 need to be confirmed in future studies and/or in other cohorts.

19

20 Nonetheless, we observed important unique patterns across the various assays
21 measuring adaptive and humoral immune responses for various clinical factors such as
22 initial clinical severity defined by hospitalization or ICU care and pre-existing pulmonary
23 disease. These data suggest that apart from severity of initial illness, pre-existing

1 medical conditions may have important influence over the longitudinal adaptive immune
2 responses.

3

4 **METHODS**

5 **LIINC Study**

6 Participants were volunteers in the University of California, San Francisco-based Long-
7 term Impact of Infection with Novel Coronavirus (LIINC) study. LIINC is an observational
8 cohort that enrolls individuals with SARS-CoV-2 infection documented by clinical nucleic
9 acid amplification testing who have recovered from the acute phase of infection.

10 Volunteers are recruited by clinician- or self-referral. They are eligible to enroll between
11 14 and 90 days after onset of COVID-19 symptoms and are offered monthly visits until 4
12 months after illness onset; they are then seen every 4 months thereafter. At each study
13 visit, participants undergo a detailed clinical interview that includes demographic
14 information, COVID-19 diagnosis, illness, and treatment history, assessment of medical
15 comorbidities and concomitant medications, and evaluation of ongoing symptoms and
16 quality of life. At the first visit, participants were asked to assess their level of disability
17 related to the worst point in their acute illness according to 3 measures on a 3-point
18 scale: mobility, ability to perform self-care, and ability to perform routine work and
19 household obligations. Biospecimens are collected and stored.

20

21 For the current study, we selected LIINC participants who had at least two time points
22 available for analysis. We excluded participants with HIV infection. We randomly
23 selected participants that experienced low initial disease severity (defined as 4 or fewer

1 points on the symptom severity scale without hospitalization), moderate severity (5-7
2 points without hospitalization), and highly severe disease (greater than 7 points and/or
3 hospitalized) in order to have a sample population representing a wide spectrum of
4 initial disease severity. We also assessed whether participants had persistent
5 symptoms that they attributed to COVID-19. We defined a persistent symptom as a
6 symptom that was noted to be newly present during acute infection that remained
7 present at follow-up.

8

9 **Ethics Statement**

10 All participants sign a written informed consent and the study was approved by the
11 University of California, San Francisco Institutional Review Board (IRB# 20-30479).

12

13 **PBMC Isolation**

14 Whole blood was collected from EDTA tubes (COVID-19 participants) or from Buffy
15 coats from healthy unexposed, anonymous donors collected and stored prior to
16 November, 2019 in the San Francisco, Bay Area. Whole blood was centrifuged for 10
17 min at 1600 rpm to separate plasma. Plasma was then removed and stored at -80°C.
18 Peripheral blood mononuclear cells (PBMCs) were isolated by density-gradient Ficol-
19 Paque (GE Healthcare, Chicago, IL) using SepMate tubes (StemCell Technologies,
20 Cambridge, MA). PBMC were cryopreserved in heat inactivated fetal bovine serum
21 (Phoenix Scientific, Bangkok, Thailand) containing 10% DMSO (Sigma-Aldrich) and
22 stored in liquid nitrogen.

23

1 **Peptide Pools**

2 SARS-CoV-2 specific T cell peptide pools were purchased from Miltenyi Biotec
3 (PepTivator SARS-CoV-2 Prot_S and PepTivator SARS-CoV-2 Prot_N) and
4 resuspended in DMSO. SARS-CoV-2 S and N are pools of lyophilized peptides,
5 consisting of 15 amino acids length with 11 amino acids overlap, covering the
6 immunodominant sequence domains of the Spike (“S”) or Nucleocapsid (“N”) proteins of
7 SARS-CoV-2.

8

9 **Activated Induced Cell Marker Assay**

10 Cryopreserved PBMC were thawed in 10 ml of complete RPMI (Gibco) containing 10%
11 fetal bovine serum and stimulated in complete RPMI containing 10% human AB serum
12 (Sigma-Aldrich). Cells were then cultured for 24 hours in 96-wells U bottom plates at
13 1×10^6 PBMC per well in the presence of either SARS-CoV-2 peptide pools (1 ug/ml),
14 10ug/ml phytohemagglutinin (PHA, Sigma-Aldrich) as positive control, or equimolar
15 DMSO as negative control as previously described (Grifoni et al. 2020). All samples
16 were analyzed on a BD LSR-II analyzer and analyzed with FlowJo X software. A
17 complete list of antibodies are listed in **Supplementary Methods**. Whenever possible,
18 longitudinal samples from individual participants were included in the same assay to
19 minimize potential batch testing effects.

20

21 **Intracellular Cytokine Staining Assay**

22 We implemented an in-house ICS assay as previously described with minor
23 modifications to be consistent with other published SARS-CoV-2-specific assays

1 (Henrich et al. 2017; Scully et al. 2018; Morley et al. 2019). Briefly, cells were rested
2 overnight before stimulation. Cells were cultured for 8 hours at 37C in 96-wells U bottom
3 plates at 1×10^6 PBMC per well in presence of either SARS-CoV-2 peptides [1 μ g/ml],
4 CD3/CD28 beads (Gibco Dynabeads) as positive control, or equimolar DMSO as
5 negative control. All conditions were in the presence of Golgi-plug containing brefeldin A
6 (eBioscience), monensin (eBioscience), anti-CD28 (Biolegend, Clone CD28.2), and
7 CD107a. After an 8-hour incubation, plates were put at 4°C overnight. The following
8 day, Cells were washed and surfaced stained for 20 min at room temp in the dark.
9 Following surface staining, cells were washed twice with PBS and then
10 fixed/permeabilized (BD Cytofix/Cytoperm) for 45 min at 4°C in the dark. Cells were
11 then washed twice with fix/perm wash buffer (BD Perm/Wash) and stained with
12 intracellular antibodies for 45min at 4°C in the dark. A complete list of antibodies are
13 listed in **Supplementary Methods**. All samples were analyzed on a BD LSR-II analyzer
14 and analyzed with FlowJo X software. Whenever possible, longitudinal samples from
15 individual participants were included in the same assay to minimize potential batch
16 testing effects.

17

18 **Soluble Markers of Inflammation**

19 Six different ELISA kits were used to detect the following markers, respectively: IL-6, IL-
20 10, IP-10, D-Dimer, CD163, and CD14. Each kit was developed by a manufactured
21 brand and standard protocol and dilutions were used in the preparation and analysis of
22 each plate as follows: IL-6 ELISAs were prepared and conducted using the Millipore
23 Sigma-Aldrich Human IL-10 ELISA Kit (Product Number RAB0306). The highest

1 standard concentration used was 1000 pg/mL, decreasing concentration at a 3-fold
2 dilution. Samples were run in duplicate without further dilution. IL-10 ELISAs were
3 prepared and conducted using the Millipore Sigma-Aldrich Human IL-10 ELISA Kit. The
4 highest standard concentration used was 150 pg/mL, decreasing concentration at a 2-
5 fold dilution. Samples were run in duplicate without further dilution. D-Dimer ELISAs
6 were conducted using the ThermoFisher Scientific Invitrogen Human D-Dimer ELISA
7 Kit. The highest standard concentration used was 60 pg/mL, decreasing concentration
8 at a 3-fold dilution. Samples were run in duplicate at a 250,000-500,000-fold dilution. IP-
9 10 ELISAs were conducted using the Invitrogen Human IP-10 ELISA Kit . The highest
10 standard concentration used was 500 pg/mL, decreasing concentration at a 2-fold
11 dilution. Samples were run in duplicate without further dilution. CD163 ELISAs were
12 prepared and conducted using the ThermoFisher Scientific Invitrogen Human CD163
13 (M130) ELISA Kit . The highest standard used was 8000 pg/mL, decreasing at a serial
14 dilution of 40%. Samples were run in duplicate at a 50-fold dilution. CD14 ELISAs were
15 prepared and conducted using the RnD Systems Quantikine ELISA Human CD14
16 Immunoassay. The highest concentration used was 8000 pg/mL, decreasing
17 concentration at a 2-fold dilution. Samples were run in duplicate at a 200-250-fold
18 dilution. Colorimetric changes were detected and quantified using the Spectramax M3
19 Plate Reader.

20

21 **SARS-CoV-2 Antibody Testing**

22 Serum was tested for antibodies at UCSF using an in-house multiplex microsphere
23 assay (Luminex platform) to detect IgG against SARS-CoV-2 spike, receptor binding

1 domain (RBD), and two preparations of the N protein (on full length and one fragment).
2 We used a published protocol with modifications (Wu et al. 2019). Plasma samples
3 were diluted to 1:100 in blocking buffer A (1xPBS, 0.05% Tween, 0.5% bovine serum
4 albumin (BSA), 0.02% sodium azide). Antigen concentrations used for bead coupling
5 were as follows: S, 4 ug/mL; RBD, 2 ug/mL; and N, 3 ug/mL. Concentration values were
6 calculated from the Luminex median fluorescent intensity (MFI) using a plate-specific
7 standard curve from serial dilutions of a pool of positive control samples
8 (<https://github.com/EPPIcenter/flexfit>). A cutoff for positivity was established for each
9 antigen as the maximum concentration value observed across 114 pre-pandemic
10 SARS-CoV-2 negative control samples tested on the platform.

11

12 **PhenoSense SARS CoV-2 nAb Assay**

13 The measurement of nAb activity using the PhenoSense SARS CoV-2 nAb Assay
14 (Monogram Biosciences, South San Francisco, CA) is performed by generating HIV-1
15 pseudovirions that express the SARS CoV-2 spike protein. The pseudovirus is
16 prepared by co-transfecting HEK293 producer cells with an HIV-1 genomic vector that
17 contains a firefly luciferase reporter gene together with a SARS CoV-2 spike protein
18 expression vector. Neutralizing antibody activity is measured by assessing the
19 inhibition of luciferase activity in HEK293 target cells expressing the ACE2 receptor and
20 TMPRSS2 protease following pre-incubation of the pseudovirions with serial dilutions of
21 the serum specimen.

22

1 Data are displayed by plotting the percent inhibition [% Inhibition = 100% –
2 ((RLU(Pseudovirus+Sample+Cells)) ÷ (RLU(Pseudovirus+Diluent+Cells)) x 100%)] of
3 luciferase activity expressed as relative light units (RLU) vs. the log₁₀ reciprocal of the
4 serum/plasma dilution. Neutralizing antibody titers are reported as the reciprocal of the
5 serum dilution conferring 50% inhibition (ID₅₀) of pseudovirus infection. To insure that
6 the measured nAb activity is SARS CoV-2 nAb specific, each test specimen is also
7 assessed using a non-specific pseudovirus (specificity control) that expresses a non-
8 reactive envelope protein of an unrelated virus (e.g. avian influenza virus H10N7).

9
10

11 **Statistical Analyses**

12 Flow cytometric, antibody and cytokine data were generated blinded to participant
13 information. Comparisons of M0 values across comparator groups incorporated non-
14 parametric Mann-Whitney or Kruskal-Wallis test with unadjusted Dunn correction for
15 multiple comparisons using Prism v. 8 (GraphPad Software). Fisher's exact test when
16 any N<5 was used to compare tabular data. Spearman Rank Correlation analysis was
17 used to compare T cell, antibody and soluble markers of inflammation (Prism). Whereas
18 using all timepoints from all participants may lead to oversampling of some individuals,
19 for correlations we used calculated weighted averages, representing the outcome of
20 interest across all time points for each individual. Linear regression modeling was
21 performed using SPSS v. 27 (IBM) including covariates of interest identified in the
22 univariate analyses. For longitudinal analyses, linear mixed effects modelling was
23 performed for each immunologic outcome (log transformed) in R (version 4.0) using

1 lme4 package (version 1.1) with time and individual factors (e.g. Age, Sex, Ethnicity,
2 Hospitalization, ICU admission, Symptoms at the first study time point and the month 4
3 time point, prior history of pulmonary disease) as predictors, and random effects based
4 on participant. Sensitivity analyses were performed excluding month 8 data (when
5 available) to rule out assay batch effects.

6

7 **Data Availability Statement**

8 The raw data supporting the conclusions of this article will be made available by the
9 authors upon request. All data points are shown as individual values in the graphs.

10

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18 collected clinical data and biospecimens. LT, CCN, NSI, SEM, JD, CT, JH, KT, and OJ
19 performed PBMC and plasma isolation and storage. Specimens were analyzed by LT,
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21 CJP performed and interpreted the neutralization assays. MJP, AND, ST, FTA, RLR,
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1 TJH drafted the initial manuscript. All authors edited, reviewed, and approved the final
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3

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7

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Table 1. Participant Demographics, Co-Morbidities and Clinical Presentations

	All Participants	Sex		Hospitalized	
		Female	Male	Yes	No
N	70 ^a	34	36	18	52
Age (Median, IQR)	43 (36, 53)	43 (36.8, 53)	44.5 (36, 55.3)	50.5 (40.3, 56.8)	40 (36, 53)
Female (N, % ^b)	34 (48.6)	-	-	4 (22.2)*	30 (57.7)
Race/Ethnicity (N, %)					
Latinx	18 (25.7)	6 (17.6)	12 (33.3)	11 (61.1)***	5 (17.9)
White (Non Latinx)	39 (55.7)	23 (67.6)	16 (44.4)	3 (16.7)	19 (67.9)
Black	3 (4.3)	3 (8.8)	0 (0)	1 (5.6)	2 (7.1)
Asian	10 (14.3)	2 (5.9)	8 (22.2)	3 (16.7)	2 (7.1)
Days from Symptom Onset to 1 st Sample (Median, IQR)	53 (38, 64.5)	50 (37.8, 63.3)	55 (41.3, 70)	73 (51.8, 89.8)	48 (37.3, 60.8)
ICU Admission (N, %)	10 (14.3)	0 (0)**	10 (100)	-	-
Underlying Medical Condition (N, %)					
Lung Disease	13 (18.6)	9 (26.5)	4 (11.1)	5 (27.8)	8 (15.4)
Autoimmune Disease	3 (4.3)	3 (8.8)	0 (0)	0 (0)	3 (5.8)
Hypertension	9 (12.9)	6 (17.6)	3 (8.3)	4 (22.2)	5 (9.6)
Cancer	1 (1.4)	1 (2.9)	0 (0)	0 (0)	1 (1.9)
Diabetes Mellitus	6 (8.6)	2 (5.9)	4 (11.1)	5 (27.8)**	1 (1.9)
Symptoms During Acute Infection (N, %)	68 (97.1)	32 (94.1)	36 (100)	18 (100)	50 (96.2)
Fever/Chills	56 (80)	24 (70.6)	32 (88.9)	17 (94.4)	39 (75)
Cough/SOB	61 (87.1)	28 (82.4)	33 (91.7)	17 (94.4)	44 (84.6)
Sore Throat/Runny Nose	46 (65.7)	22 (64.7)	24 (66.7)	10 (55.6)	36 (69.2)
Cardiac (chest pain, palpitations)	7 (10)	2 (5.9)	5 (13.9)	3 (16.7)	4 (1.9)
Neurological/Cognitive	49 (70)	26 (76.5)	23 (63.9)	13 (72.2)	36 (69.2)
Fatigue	63 (90)	31 (91.2)	32 (88.9)	16 (88.9)	47 (90.4)
Smell/Taste changes	52 (74.3)	28 (82.4)	24 (66.7)	13 (72.2)	39 (75)
Gastrointestinal symptoms	43 (61.4)	24 (70.6)	19 (52.8)	14 (77.8)*	29 (55.8)
Muscle aches	48 (68.6)	34 (70.6)	24 (66.7)	14 (77.8)	34 (65.4)
Persistent Symptoms at time of first sample (N, %)	(45.8)	18 (52.9)	14 (38.9)	9 (50)	23 (44.2)
Fever/Chills	0 (0)	0 (0)	0 (0)	0 (0)	0 (0)
Cough/SOB	15 (21.4)	8 (23.6)	7 (19.4)	6 (33.3)	9 (17.3)
Sore Throat/Runny Nose	3 (4.3)	0 (0)	3 (8.3)	1 (5.6)	2 (3.8)
Cardiac (chest pain, palpitations)	2 (2.9)	1 (2.94)	1 (2.8)	1 (5.6)	1 (1.9)
Neurological	14 (20)	6 (17.6)	8 (22.2)	5 (27.8)	9 (17.3)
Fatigue	11 (15.7)	7 (20.6)	4 (11.1)	4 (22.2)	7 (13.5)
Smell/Taste changes	15 (21.4)	9 (26.5)	6 (16.7)	6 (33.3)	9 (17.3)
Gastrointestinal symptoms	7 (10)	5 (14.7)	2 (5.6)	3 (16.7)	4 (7.7)
Muscle aches	6 (8.6)	4 (11.8)	2 (5.6)	3 (16.7)	3 (5.8)
Days from Symptom Onset to 4 th Sample (Median, IQR)	125 (120, 133)	127 (122, 132)	123 (116, 134)	125.5 (120.3, 134.5)	125 (120, 125)
Persistent Symptoms at 4 th Sample (N, %)	24 (36.4)	15 (45.5)	9 (27.3)	8 (50)	11 (40.7)

(*) P<0.05, (**) P<0.01, (***) P<0.001 by Fisher's Exact Test for within column comparisons; SOB = shortness of breath

^a One participant had antibody and inflammatory marker data but insufficient cell viability for T cell analyses

^b Percentage of participants for the column N are shown throughout the table

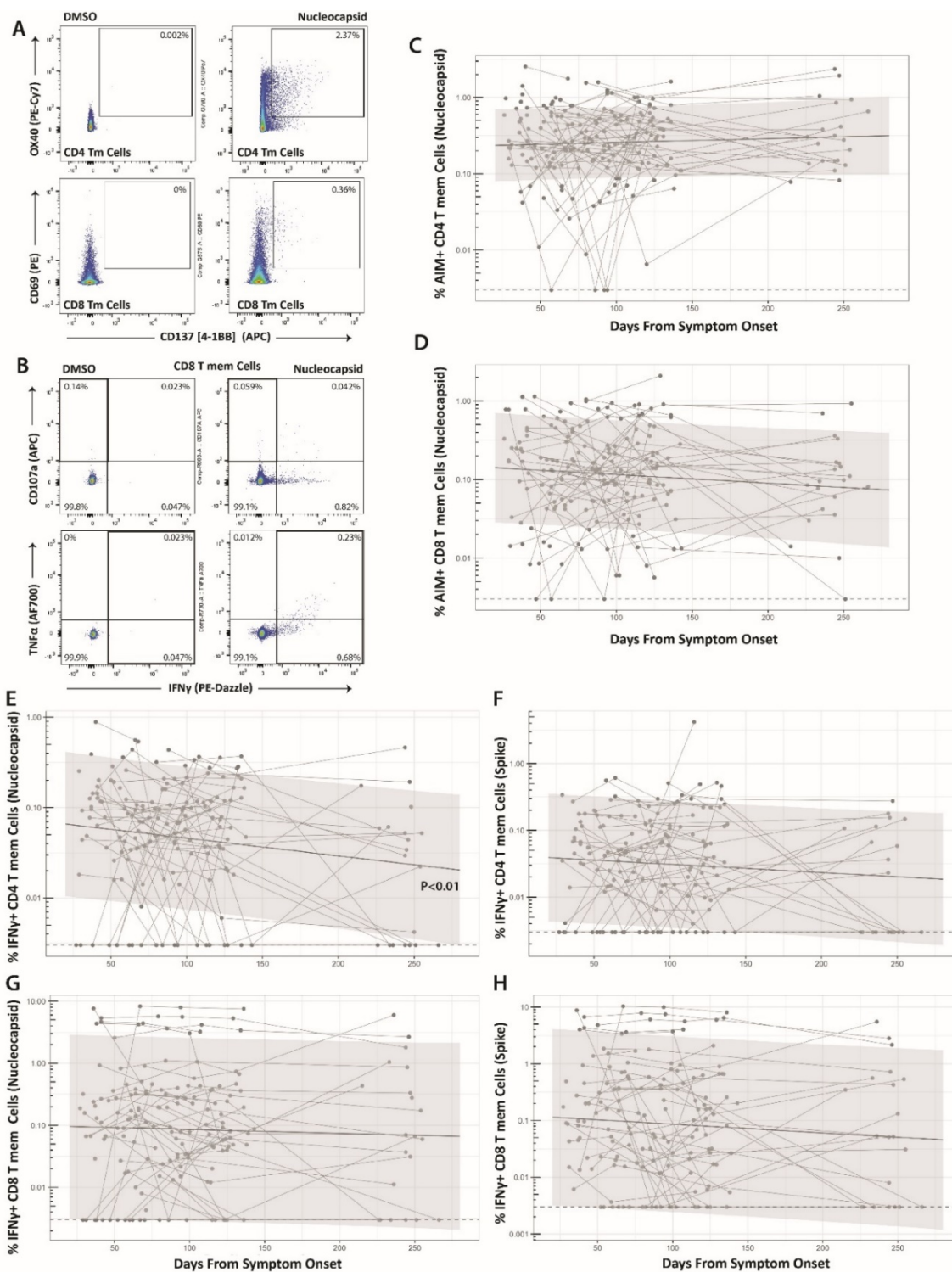


Figure 1. Long-term durability of SARS-CoV-2-specific CD4 and CD8 cell responses. Gating strategy for identifying SARS-CoV-2-specific memory T cell responses in the activation-induced marker (AIM) (A) and intracellular cytokine staining (ICS) (B) assays. Percentage of AIM+ N-specific CD4+ (C) and CD8+ (D) T cell responses over time (S-specific responses were similar and are shown in Supplementary Figure 3). Percentage of IFN γ + Nucleocapsid (N)- or Spike (S)-specific CD4 (E-F) and CD8 (G-H) T cell responses over time. Points and connecting lines represent raw data for each individual. Solid line and shaded region represent the median model prediction and 95% prediction interval from linear mixed effects modeling including individual effects. Dashed lines represent assay limits of detection. T mem = T memory cells.

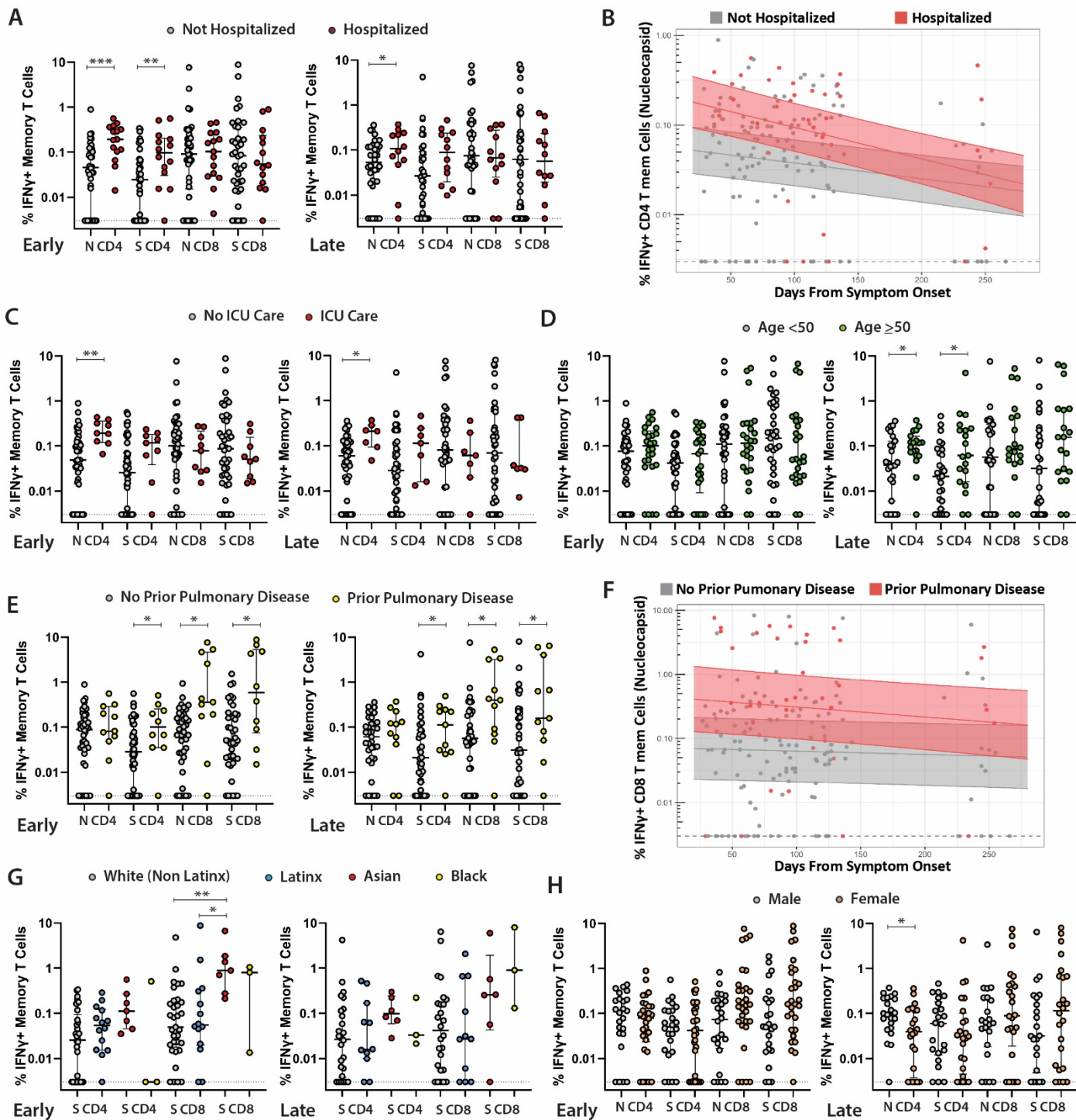


Figure 2. Relationships between SARS-CoV-2-specific T cell responses and participant demographic and clinical factors.

Frequency of SARS-CoV-2-specific CD4+ T cells as measured by the ICS assay in study participants who were (A) hospitalized versus not hospitalized at early (left, median 53 days after onset of symptoms) versus late (right, median 123 days from onset of symptoms) cross-sectional analysis timepoints. (B) Longitudinal frequency of IFN γ + memory CD4+ T cells in hospitalized versus non-hospitalized participants. (C) Frequency of SARS-CoV-2-specific CD4 T cells as measured by the ICS assay in study participants who required ICU care. (D) Frequency of SARS-CoV-2-specific CD4+ T cells as measured by the ICS assay in study participants <50 versus \geq 50 years of age at early and late cross-sectional analysis timepoints. Cross-sectional (E) and longitudinal (F) frequency of SARS-CoV-2-specific CD8 T cells in study participants who had diagnosed pulmonary disease prior to infection. (G) Frequency of SARS-CoV-2-specific CD8 T cells amongst participants identifying as white (non-Latinx), Latinx, Asian or Black. All data points are shown as individual points. For A, C, D, E, G, H: Bars and lines in cross sectional data represent median values and interquartile ranges; (*) P<0.05, (**) P<0.01, (***) P<0.001 by non-parametric Kruskal-Wallis tests with Dunn adjustment for analyses incorporating comparisons across more than two variables. For B, F: solid line and shaded region represent the median model prediction (including individual effects) and 50% prediction interval. T mem = T memory cells.

Figure 3. SARS-CoV-2-specific antibody levels and neutralization responses, soluble markers of inflammation, and relationships with T cell responses. Differences in the levels of nucleocapsid (N), spike (S), and receptor binding domain (RBD)-specific antibody responses for participants grouped by age (A), hospitalization during acute infection (B), and Latinx versus white-non Latinx race/ethnicity (C) at the early and late memory analysis time points. Infectious dose, 50% (ID50) values from neutralization assays in cross sectional neutralization antibody (NAb) analyses of participants grouped by sex (D) and hospitalization during acute infection (E). Spearman correlation matrix heatmap (r values) between weighted average antibody and T cell response across all time points (F) and individual correlation plots between NAb ID50 and the percentage of CD4 T cells co-expressing IFN γ + in response to N and S peptide pools (G). (H) Spearman correlation matrix heatmap incorporating soluble markers of inflammation and T cell and antibody responses. All data points are shown on dot plots. Dashed lines represent assay limits of detection. Solid bars and lines represent median values and interquartile ranges. (.) P<0.1, (*) P<0.05, (**) P<0.01, (***) P<0.001 by non-parametric analyses.