

**S1 Table:** Overall participant return rates by eligible sampling weeks. The first sample week per eligible sample week is 100%, with participation rate the number of returning individuals from this first week (linked to Figure 1).

Eligible sampling weeks	Sample week	Participants	% returns
2	1	520	100.00
	2	399	76.73
3	1	1003	100.00
	2	805	80.26
	3	838	83.55
4	1	4014	100.00
	2	3688	91.88
	3	3622	90.23
	4	3497	87.12
5	1	3418	100.00
	2	3134	91.69
	3	3223	94.29
	4	3121	91.31
	5	2968	86.83
6	1	356	100.00
	2	340	95.51
	3	257	72.19
	4	341	95.79
	5	333	93.54
	6	265	74.44