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**Building-level wastewater surveillance using tampon swabs
and RT-LAMP for rapid SARS-CoV-2 RNA detection**

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1 **Building-level wastewater surveillance using tampon swabs and RT-**
2 **LAMP for rapid SARS-CoV-2 RNA detection**

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12 **Water Impact Statement**

13 Wastewater has been recognized as a potential information stream regarding human disease
14 occurrence and dynamics, especially in response to the COVID-19 pandemic. Critically, most
15 wastewater surveillance approaches have relied upon centralized sampling and intensive
16 molecular analyses, limiting their potential for decentralized, widespread application. Here, we
17 demonstrate a passive sampling approach coupled with isothermal LAMP SARS-CoV-2 RNA
18 detection that has the potential to enable more widespread application of wastewater surveillance,
19 both for COVID-19 and future infectious disease targets.

20

1 **Building-level wastewater surveillance using tampon swabs and RT-** 2 **LAMP for rapid SARS-CoV-2 RNA detection**

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12 **Abstract**

13 Wastewater surveillance for severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)
14 RNA has demonstrated useful correlation with both coronavirus disease 2019 (COVID-19)
15 cases and clinical testing positivity at the community level. Wastewater surveillance on college
16 campuses has also demonstrated promising predictive capacity for the presence and absence
17 of COVID-19 cases. However, to date, such monitoring has most frequently relied upon
18 composite samplers and reverse transcription quantitative PCR (RT-qPCR) techniques, which
19 limits the accessibility and scalability of wastewater surveillance, particularly in low-resource
20 settings. In this study, we trialed the use of tampons as passive swabs for sample collection and
21 reverse transcription loop-mediated isothermal amplification (RT-LAMP), which does not require
22 sophisticated thermal cycling equipment, to detect SARS-CoV-2 RNA in wastewater. Results for
23 the workflow were available within three hours of sample collection. The RT-LAMP assay is
24 approximately 20 times less analytically sensitive than RT-droplet digital PCR. Nonetheless,
25 during a building-level wastewater surveillance campaign concurrent with independent weekly
26 clinical testing of all students, the method demonstrated a three-day positive predictive value
27 (PPV) of 75% (excluding convalescent cases) and same-day negative predictive value (NPV) of
28 80% for incident COVID-19 cases. These predictive values are comparable to that reported by
29 wastewater monitoring using RT-qPCR. These observations suggest that even with lower
30 analytical sensitivity the tampon swab and RT-LAMP workflow offers a cost-effective and rapid

31 approach that could be leveraged for scalable building-level wastewater surveillance for COVID-
32 19 potentially even in low-resource settings.

33

34 Keywords: SARS-CoV-2, wastewater monitoring, environmental surveillance, RT-LAMP,
35 building-level, near-source, passive sampling

37 **Introduction**

38 Infection with severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2), the virus that
39 causes coronavirus disease 2019 (COVID-19), is often accompanied by shedding of the virus
40 and its genetic material in respiratory fluids, feces (1), saliva (2), and urine (3). Since these body
41 fluids are frequently discharged to wastewater collection networks in domestic sewage,
42 wastewater-based epidemiology (WBE; also called wastewater surveillance) has become a
43 useful tool for assessing community trends of COVID-19 (4). SARS-CoV-2 RNA has been
44 detected in untreated wastewater samples throughout the world (5–10). Longitudinal
45 measurements of SARS-CoV-2 RNA in wastewater influent and primary solids at wastewater
46 treatment plants (WWTPs) have been found to correlate with COVID-19 clinical testing metrics
47 in various communities (11–14). In many contexts, increases in SARS-CoV-2 RNA in
48 wastewater or wastewater solids have preceded increases in COVID-19 cases and
49 hospitalizations by days to weeks (15–17). Thus, wastewater monitoring offers a
50 complementary method of assessing COVID-19 trends in communities that is agnostic to care
51 seeking behavior, less resource intensive than clinical testing, and in some contexts leads
52 trends observed by clinical testing.

53

54 While promising, monitoring SARS-CoV-2 RNA in influent at WWTPs can lack the spatial
55 resolution required to target clinical testing or other public health interventions at fine geographic
56 scales. Building-level surveillance, on the other hand, could inform clinical testing at specific
57 locations on the basis of wastewater data from individual facilities, such as schools (18) and
58 skilled nursing facilities (19). Spurbeck *et al.* used 24-hour wastewater composite samples and
59 RT-qPCR to detect one infection among 60 skilled nursing facility residents (19). Wastewater
60 surveillance for SARS-CoV-2 RNA, including build-level surveillance, is also being used to
61 manage COVID-19 on university campuses throughout the United States (20). At the University
62 of Arizona, wastewater surveillance with serial grab samples identified one symptomatic and

63 two asymptomatic infections in a dorm and provided early warning of infections in a total of 13
64 dorms over a semester (21). An innovative high-throughput wastewater monitoring platform
65 allowed for the detection of a single case of COVID-19 among 415 residents of a dorm at
66 University of California San Diego (22). And another building-level monitoring effort leveraged
67 composite wastewater samples and RT-qPCR performed three times weekly to identify
68 asymptomatic COVID-19 cases on multiple occasions down to one asymptomatic infection
69 among 150 to 200 dorm residents (23).

70

71 At universities, student behavior (24), congregate living (25), asymptomatic transmission (26),
72 emerging variants of concern, and breakthrough infections among vaccinated communities may
73 combine to fuel outbreaks. Complicating transmission control are asymptomatic infections,
74 which have been observed to account for 43% (27) to 50% of infections (28) among adults.
75 Since viral loads have been found to be similar among asymptomatic, pre-symptomatic, and
76 symptomatic patients (27,29) and asymptomatic and mild COVID-19 cases have been observed
77 to shed SARS-CoV-2 RNA in stool (30), wastewater surveillance offers a compelling opportunity
78 to screen for COVID-19 cases among building-level populations and identify cases via follow-up
79 clinical testing (31).

80

81 While wastewater surveillance is compelling, most of the reported efforts have depended on
82 composite samplers to achieve representative samples over a defined time period (usually 24
83 hours). These samplers can be expensive and difficult to place in building service lines. Other
84 studies have used grab samples, but such samples are “snapshots” and may not afford a
85 reliably representative sample. A few SARS-CoV-2 wastewater surveillance efforts to date,
86 however, have used the Moore Swab, a gauze bundle left suspended in sewers to sorb
87 wastewater and enteric pathogens. This type of “passive” sampling was first used to detect
88 *Salmonella paratyphi* in 1948 (32) and has also been used to detect *Vibrio cholerae* (33) and

89 enteric viruses (34) in wastewater. While passive sampling methods make rigorous
90 quantification of analytes in wastewater difficult due to uncertainties concerning the volume of
91 wastewater sampled and the efficiency of sorption, they can be used to produce useful
92 qualitative data. More recently as reported in a preprint, Moore swabs in combination with RT-
93 qPCR were used to sample wastewater at a university and were able to detect one to two
94 COVID-19 cases in a building (35). The same study found that when used alongside grab
95 samples, the Moore Swab allowed a greater sensitivity for SARS-CoV-2 RNA in wastewater
96 from a hospital treating COVID-19 patients (35). Another evaluation of passive samplers (gauze,
97 electronegative filter, and cotton buds) alongside traditional sampling techniques (flow-weighted
98 and time-average composite, and grab samples) found that passive samplers were at least as
99 sensitive over 24-hour deployments and a positive correlation between SARS-CoV-2 RNA
100 concentrations in wastewater and those from passive samplers (36). Several wastewater
101 surveillance teams participating in the COVID-19 Wastewater-based Epidemiology
102 Collaborative (<https://www.covid19wbec.org/>) have reported experiments with tampons as a
103 form of off-the-shelf passive sampler, but published studies of their performance are lacking.

104
105 Passive samplers, such as the Moore Swab or tampons, could make wastewater surveillance
106 possible without the use of expensive composite samplers. However, detection and
107 quantification of SARS-CoV-2 RNA in wastewater samples has also required the use of RT-
108 qPCR techniques, which depend on specialized PCR equipment such as thermal cyclers.
109 Reverse transcription loop-mediated isothermal amplification (RT-LAMP) (37) offers the
110 potential to detect SARS-CoV-2 RNA in wastewater samples without the use of such
111 equipment. RT-LAMP has been validated for rapid testing of clinical samples including serum,
112 urine, saliva, oropharyngeal swabs, and nasopharyngeal swabs for SARS-CoV-2 RNA (38,39).
113 A colorimetric RT-LAMP kit developed by New England Biolabs using multiplexed primers
114 targeting the N and E regions of the SARS-CoV-2 genome had accuracy (true positive and

115 negative rate) greater than 90% compared to RT-qPCR and a 95% limit of detection of 59
116 copies per reaction when used to test heat treated saliva samples (40). Multiplexing primers and
117 the addition of guanidine chloride was found to increase the sensitivity five- to tenfold for
118 colorimetric LAMP with the N2 and E1 primers yielding the best performance among seven
119 primer sets(41). A preprint has even reported the use of RT-qLAMP with primers targeting the
120 ORF1a, E, and N genes to test wastewater samples for SARS-CoV-2 RNA without extraction in
121 wastewater volumes up to 9.5 μ L (42).

122
123 During the current study, we trialed the application of colorimetric RT-LAMP to detect SARS-
124 CoV-2 RNA in wastewater from tampon swabs deployed in manholes and primary influent from
125 WWTPs. We assessed the sensitivity, specificity, and limit of detection of RT-LAMP for
126 wastewater samples compared to reverse transcription droplet digital PCR (RT-ddPCR). We
127 then used tampon swabs and RT-LAMP for rapid surveillance of building-level wastewater at
128 the University of Notre Dame (ND) over six weeks in conjunction with ongoing public health
129 measures to assess the positive and negative predictive value of these measures.

130

131 **Experimental**

132 *Primary influent and raw sewage samples*

133 During the RT-LAMP validation experiments, 24-hour time-based composite samples of primary
134 influent, referred to as “primary influent” throughout this text, were collected at eleven
135 wastewater treatment plants (WWTPs) whose characteristics are summarized in Table S1. In
136 addition to primary influent, wastewater samples were collected from manholes, referred to as
137 “raw sewage” throughout this text. The manholes served populations ranging from 94 to 299
138 people with an average population of 181 ± 61 . Per sewer system maps, the diameter of the
139 sewage pipes entering and exiting these manholes ranged from 8” to 24” with code-specified
140 slopes ranging from 2% to 0.08%. Raw sewage samples were collected using two techniques:

141 24-hour time-based composite samples and tampon swab passive samplers (detailed further
142 below). In all cases, immediately after collection, both primary influent and raw sewage samples
143 were stored and transported on ice or at 4°C until processed.

144

145 *Tampon Swab Samplers*

146 During RT-LAMP validation experiments, tampons (OB Brand Organic Tampons Super &
147 Tampax Pearl Super Unscented) were used as low-cost and readily available swabs for passive
148 sampling of raw sewage in the wastewater collection system. OB Organic and Tampax Pearl
149 tampons are free of dyes, perfume, and chlorine. OB Organic tampons are made from 100%
150 organic cotton while Tampax Pearl tampons are made from cotton and rayon. Prior to
151 deployment in manholes, the tampons were removed from the applicator and tied to fishing line
152 with a 20-pound tensile strength. The fishing line was secured to the ladder within each
153 manhole. After recovery, swabs were placed in sterile WhirlPak bags (Nasco, Fort Atkinson, WI)
154 and saturated with 20 mL of sterile PBS. Saturated swabs were then hand massaged (while
155 wearing gloves) through the sealed WhirlPak bag for two minutes to elute viruses and then the
156 sorbate was hand squeezed from the swab within the WhirlPak bag and transferred to a sterile
157 50 mL centrifuge tube for immediate extraction.

158

159 During the longitudinal monitoring period at ND, with the assistance of utilities personnel,
160 tampon swabs (Tampax Pearl Super Unscented) were deployed into the wastewater collection
161 system once per week for six weeks from approximately 8:00 am to 11:00 am (same day) at
162 nine different locations selected to isolate individual residential halls (RH) (anonymized as RH 1
163 to 9). During the monitoring period, these RHs housed 1,627 students accounting for 25% of the
164 on-campus residents. Upon retrieval from manholes, swabs were placed into sterile WhirlPak
165 bags and stored on ice. In the lab, swabs were hand squeezed while in the WhirlPak bag to
166 remove most of the sorbate and then aseptically placed into a 60 mL luer-lock syringe (ML60,

167 Air-Tite Products Co, Virginia Beach, VA). The sorbate remaining in the WhirlPak bag was then
168 poured into the syringe and pressed into a 50 mL centrifuge tube using the syringe plunger
169 typically resulting in 25 to 35 mL of sorbate. After the first press, a volume of PBS/Tween20
170 solution (10 mM sodium phosphate, 0.15M NaCl, 0.05% Tween 20) was pipetted into the
171 syringe (typically 15 to 25 mL) such that the total volume of sorbate resulting from each swab
172 was 50 mL and pressed through the swab into the centrifuge tube. The resulting 50 mL of
173 sorbate was then immediately concentrated or extracted as described below.

174

175 To optimize the RT-LAMP and tampon swab/RT-LAMP workflow a variety of approaches were
176 trialed. For a subset of raw sewage and primary influent samples, no concentration or
177 fractionation was performed prior to extraction. For other subsets of wastewater samples,
178 different forms of concentration (Centrifugal Ultrafilter Concentration) and fractionation (Swab
179 Sorbate Solids Fractionation) as fully described in the Supplementary Information (SI) were
180 trialed. The resulting sample types from these workflows included “concentrated swab sorbate”
181 from ultrafilter retentate, “sorbate supernatant” from the sorbate supernatant after centrifugation,
182 and “sorbate solids” the material pelleted after sorbate centrifugation. The resulting sample
183 sizes for each of these approaches is reported in the Results and discussion section.

184

185 *RNA Extraction*

186 For a subset of wastewater samples, RNA was extracted from 280 μ L aliquots of
187 unconcentrated tampon sorbate and primary influent (composite samples) using a QIAamp Viral
188 RNA Mini Kit (Qiagen, Hilden, Germany). Purified RNA was eluted in 60 μ L of PCR-grade water.
189 But for the majority of wastewater samples, DNA and RNA were extracted from tampon sorbate
190 and primary influent (composite samples) using an AllPrep PowerViral DNA/RNA kit (Qiagen,
191 Hilden, Germany). Prior to extraction, membrane filters, Amicon ultrafilter retentate, and raw
192 sewage and sorbate solids were homogenized by adding 600 μ L of PM1 and 6 μ L of 2-

193 mercaptoethanol (MP Biomedicals, Irvine, CA, USA) to the PowerBead tubes. These tubes
194 were bead beat for four rounds of 20 seconds each at 4.5 M/s on a FastPrep 24 (MP
195 Biomedicals, Irvine, CA, USA). The bead tubes were centrifuged at 13,000 x g for 1 minute and
196 500 uL of the resulting supernatant was transferred into a clean 2 mL microcentrifuge tube and
197 DNA/RNA was extracted per the Qiagen protocol. Purified nucleic acids were eluted in 100 uL
198 of RNase-free water. In addition to kit-based extractions, RT-LAMP was also trialed using no
199 extraction and heat extraction as detailed in the Supplementary Information.

200

201 *RT-ddPCR*

202 To characterize the sensitivity, specificity, and limit of detection of RT-LAMP qualitative LAMP
203 results were compared with quantitative SARS-CoV-2 RNA data produced using electronegative
204 membrane filtration and RT-ddPCR as detailed in the Supplementary Information and
205 elsewhere (<https://dx.doi.org/10.17504/protocols.io.bhiuj4ew>) (43).

206

207 *RT-LAMP*

208 SARS-CoV-2 RNA was detected by RT-LAMP using the SARS-CoV-2 Rapid Colorimetric LAMP
209 Assay Kit (Cat No. E2019S) from New England BioLabs (NEB) (Ipswich, MA, USA), a 30-minute
210 65°C colorimetric assay. The kit includes an internal inhibition control (LAMP Primer Mix
211 targeting human RNA rActin) and a SARS-CoV-2 LAMP Primer Mix targeting the N and E genes
212 (N2 and E1, respectively, Table S2). NEB reports positive detections observable down to 50
213 copies per reaction (NEB Product Specification). Each sample was assayed in triplicate RT-
214 LAMP reactions and in parallel with the previously mentioned inhibition control, and with positive
215 controls and negative controls for each experiment. For each reaction, template RNA (4 uL) was
216 mixed with WarmStart Colorimetric LAMP 2X Master Mix with UDG (12.5 uL), LAMP Primer Mix
217 (2.5 uL), guanidine hydrochloride (2.5 uL), and PCR-grade water to a final reaction volume of 25
218 uL. The reaction was vortexed gently and briefly spun down prior to incubation at 65°C for 30

219 minutes. Reactions were cooled at room temperature for 5 min before reading color change and
220 interpreting the results per the NEB protocol. RT-LAMP results were acceptable if the inhibition
221 control was successfully detected in each sample, the SARS-CoV-2 positive and negative
222 controls (two each per experiment) were appropriately positive and negative, and the negative
223 extraction controls were negative for both the inhibition control and SARS-CoV-2. When the
224 inhibition control was not detected for a sample, the sample was interpreted as inhibited.

225

226 *COVID-19 Clinical Surveillance at ND*

227 During the period of wastewater monitoring at ND, COVID-19 safety protocols were in place
228 including universal masking, physical distancing, daily health checks, and weekly asymptomatic
229 and symptomatic COVID-19 testing. COVID-19 testing methods included saliva-based PCR
230 tests, primarily for asymptomatic surveillance, nasal swab PCR tests, and rapid antigen tests.
231 All undergraduate and professional students participated in mandatory weekly surveillance
232 testing. At the beginning of the semester, all students selected the day of the week they wished
233 to participate in surveillance testing for the duration of the semester. Critically, the clinical testing
234 was not informed by the wastewater testing, such that the results are independent of one
235 another. Students testing positive for COVID-19 immediately entered isolation in residential
236 facilities outside of their residence hall and their close contacts entered isolation as soon as they
237 were identified by contact tracing. Close contacts were tested by nasal swab PCR test on day
238 four of isolation and rapid antigen test on day seven of isolation. If both tests were negative,
239 close contacts departed isolation on day 7. If either test was positive, close contacts began a
240 new 10-day period of isolation. Students testing positive for COVID-19 completed isolation per
241 United States Centers for Disease Control and Prevention protocols with at least 10 days from
242 symptom onset for symptomatic cases or 10 days from positive test results for asymptomatic
243 cases. Although visitation between residence halls was restricted, the possibility of a non-

244 resident COVID-19 case or convalescent case shedding into the wastewater system of another
245 residence hall cannot be precluded.

246

247 Deidentified COVID-19 case data including the date of positive test, date of isolation start, and
248 date of isolation end were acquired for the nine residence halls over the wastewater monitoring
249 period. The research protocol was reviewed by the University of Notre Dame Institutional
250 Review Board (21-04-6586). In addition to de-identification of the COVID-19 case data for the
251 study, the residence halls have also been anonymized (RH1 to RH9), and the monitoring period
252 has been anonymized by the use of elapsed days (0 to 73) rather than dates. The wastewater
253 surveillance was performed in coordination with the ND Covid Response Unit.

254

255 *Data Analysis*

256 The RT-LAMP 95% limit of detection (LOD) was estimated using N1 copy number data (RT-
257 ddPCR) and the proportion of RT-LAMP reactions positive along an N1 concentration gradient.
258 A cumulative Gaussian distribution was fit to the RT-LAMP proportion positive along the
259 gradient and the 95th percentile estimated (44). The true negative rate (specificity) was
260 estimated using RT-ddPCR non-detections and paired RT-LAMP results. The true positive rate
261 (sensitivity) was estimated using RT-ddPCR detections and paired RT-LAMP results. The
262 relationship between N1 copy number and RT-LAMP classification was modeled using a simple
263 logistic regression (45) with statistical significance determined by a likelihood ratio test (46) and
264 fit assessed using Tjur's R-squared (47). Comparisons between two groups (e.g., inhibition
265 between sample types) were made using Mann-Whitney tests and between multiple groups
266 (e.g., inhibition between extraction methods and positivity rate between sorbate fractions) using
267 Kruskal-Wallis tests with Dunn's post test (48–50). The positive and negative predictive values
268 (PPV, NPV) of wastewater testing by tampon swab and RT-LAMP for COVID-19 cases was
269 estimated for incident COVID-19 cases in the residence hall from the day of wastewater

270 sampling (day 0) surveillance out to six days after wastewater sampling (day 6). The rationale
271 for this comparison is that wastewater sampling from 8 am to 11 am could detect shedding
272 cases living in the residence hall and not yet in isolation before the case is identified by clinical
273 testing on that same day. Additionally, students could be shedding into the wastewater prior to
274 being identified as a case during clinical testing in the subsequent six days. In this case PPV is
275 the probability of an incident COVID-19 case following a positive wastewater sample, and,
276 conversely, NPV is the probability of no incident COVID-19 cases following a negative
277 wastewater sample. PPV and NPV were estimated across all nine residence halls each week,
278 among single residence halls across all weeks, and across all residence halls and all weeks
279 (51). PPV and NPV were estimated using three different RT-LAMP positivity cutoff values – 1 of
280 3, 2 of 3, and 3 of 3 replicates positive. All graphing and statistical analyses associated with the
281 described experiments were performed using GraphPad Prism Version 9.0.0 (GraphPad
282 Software, LaJolla, CA, USA).

283

284 **Results and discussion**

285 In total, 147 wastewater samples were tested via RT-LAMP. To characterize the sensitivity,
286 specificity, and analytical sensitivity of RT-LAMP, we used split extracts derived from 24-hour
287 composite samples of primary influent (n = 42) and raw sewage samples collected via tampon
288 swabs (n=7). To analyze RT-LAMP performance with various extraction and processing
289 methods, we also leveraged split extracts of samples from primary influent composites (n = 42)
290 and raw sewage from tampon swabs (n = 68). Lastly, during a prospective wastewater
291 surveillance campaign at ND, we used RT-LAMP to test raw sewage (n = 53) samples collected
292 via tampon swabs. One tampon swab could not be recovered because it broke free while
293 deployed in a manhole. Although, the pipe exiting the manhole was 8" in diameter and the swab
294 was unlikely to clog such a pipe, the potential for passive sampler break offs should be

295 considered when selecting sampling sites. The types and number of samples are summarized
296 in Table S3.

297

298 *RT-LAMP Specificity and Sensitivity*

299 Compared to RT-ddPCR non-detections (n = 13), RT-LAMP demonstrated an overall specificity
300 (true negative rate) of 100% among both primary influent composites and raw sewage samples.
301 We estimated the sensitivity (true positive rate) using RT-ddPCR (n = 36) quantifications (N1
302 target in triplicate) compared to positivity among all RT-LAMP reactions. Across all samples
303 positive for SARS-CoV-2 RNA by RT-ddPCR (n=36), the RT-LAMP positivity was 57% (Figure
304 S1 A). A logistic regression model (Figure S1 B) fit to the data indicated that increasing N1
305 GC/reaction was associated with increasing probability of detection by RT-LAMP performed in
306 triplicate (likelihood ratio test, $p = 0.0034$). However, the model fit was poor (Tjur's R-squared =
307 0.24). Nonetheless, the logistic model indicates that at 18 N1 GC/reaction there is a 50%
308 probability of detection via RT-LAMP reactions in triplicate, while at the NEB-reported "limit of
309 detection" (50 copies) there is an 83% probability of detection by RT-LAMP triplicates.

310

311 *Analytical sensitivity*

312 Using paired RT-LAMP positivity and RT-ddPCR N1 copy number data, we estimated the RT-
313 LAMP 95% LOD to be 76 N1 gene copies (GC) for a single reaction (95% CI: 67 - 87) using a
314 fitted cumulative Gaussian distribution (Figure S2; $R^2 = 0.997$). The RT-LAMP 95% LOD is
315 approximately 20 times our previous estimate of the N1 RT-ddPCR 95% LOD(44). NEB reports
316 "positive detection observable down to 50 copies", which is comparable to our estimated 67%
317 LOD (51 N1 GC/reaction).

318

319 *Viral RNA Mini versus PowerViral DNA/RNA Inhibition Rate*

320 We assessed the rate of RT-LAMP inhibition (using the previously described rActin inhibition
321 control) for samples extracted using the Viral RNA Mini Kit (n = 14) and PowerViral DNA/RNA
322 Kit (n=96). For 24-hour primary influent composite samples (Figure S3, n = 9), no inhibition was
323 observed following extraction with the Viral RNA Mini kit. But we observed a significantly higher
324 inhibition rate (60%, $p = 0.0275$) for raw sewage sorbate from swabs extracted with the same kit
325 (n = 5). Among primary influent composite samples extracted with the PowerViral kit (n = 33),
326 18% were inhibited. While for raw sewage sorbate, sorbate solid fraction, and sorbate liquid
327 fraction samples (n = 63) from swabs, the PowerViral Kit produced an significantly lower ($p =$
328 0.0317) inhibition rate of 4% (Figure S3). As shown in Figure S4, the difference in inhibition
329 rates between the Viral RNA Mini Kit and PowerViral DNA/RNA kit was not statistically
330 significant for primary influent composite samples (panel A) or all wastewater samples (panel
331 C). However, we did observe a significantly lower rate of inhibition for swab samples extracted
332 via PowerViral compared to Viral RNA Mini (Figure S4 B; $p = 0.0030$). For no extraction and
333 heat extraction, inhibition rates, indicated by the non-detection of the inhibition control human
334 rActin, of RT-LAMP were prohibitively high for reliable use (details in SI).

335

336 *Tampon Swab Sorbate Processing*

337 To optimize the workflow for SARS-CoV-2 RNA detection in raw sewage via tampon swabs and
338 RT-LAMP, we assessed the rates of inhibition and positivity between Amicon-concentrated
339 swab sorbate, the solid fraction of swab sorbate, and the liquid fraction of swab sorbate during
340 two wastewater surveillance experiments. Amicon-concentrated sorbate (detailed in SI)
341 extracted via PowerViral produced no inhibited RT-LAMP reactions and an overall SARS-CoV-2
342 RNA positivity of 40% (11 of 27 RT-LAMP replicates) in samples collected from nine RHs.
343 However, filtering the swab sorbate through the Amicon ultrafilters required several hours of
344 centrifugation. Given our interest in a rapid testing procedure, we abandoned centrifugal
345 ultrafiltration. During the next wastewater surveillance experiment, the swab sorbate was

346 centrifuged (detailed in SI), then the resulting supernatant was concentrated via Amicon and
347 extracted with PowerViral. The solid fraction pellet was also extracted via PowerViral. The rate
348 of RT-LAMP inhibition among the sorbate supernatant samples was 38% and SARS-CoV-2
349 RNA was not detected in any of 24 RT-LAMP replicates. For the extracted solid fractions, there
350 was no inhibition observed and the SARS-CoV-2 RNA positivity was 33% among 30 RT-LAMP
351 replicates. Both the Amicon-concentrated and sorbate solids exhibited lower rates of inhibition
352 (Figure S5 A) and higher rates of SARS-CoV-2 positivity (Figure S5 B) than the sorbate
353 supernatant. Since inhibition rates ($p > 0.9999$) and SARS-CoV-2 RNA positivity rates ($p >$
354 0.9999) were comparable between Amicon-concentrate and the sorbate solids fraction, we
355 elected to continue wastewater surveillance at ND using only the swab sorbate solid fraction to
356 allow for faster processing.

357

358 *COVID-19 Clinical Data*

359 During the entire 72-day period, 143,884 COVID-19 clinical tests (symptomatic and
360 asymptomatic) were performed at ND. During the wastewater surveillance (day 31 to 66), an
361 average of 13,748 clinical tests were performed each week. The COVID-19 positivity and case
362 number trends among the subpopulation accounted for in wastewater surveillance (Figure S6)
363 are similar to the trends for the entire campus. The proportion of wastewater RT-LAMP tests
364 that were positive decreased abruptly from 30% to 0 from week 3 to week 4, and then increased
365 slightly in the following two weeks.

366

367 *RT-LAMP PPV and NPV for COVID-19*

368 RT-LAMP wastewater testing results (proportion of positive RT-LAMP replicates), COVID-19
369 clinical positives, residents exiting the RH for isolation, and residents returning from isolation are
370 shown for each RH in Figure 1. RT-LAMP positives in wastewater were coincident with COVID-
371 19 cases on the same day on four occasions (RH1, RH2, RH7, RH9). For two residence halls

372 (RH4, RH6) RT-LAMP results were negative across the entire sampling period with one
373 occurring on the same day as a positive COVID-19 clinical test in RH4. There were also RT-
374 LAMP positives during periods without incident COVID-19 cases in RH2, RH3, RH8, and RH9.

375

376 Although the ND COVID-19 Response Unit was informed of the wastewater sampling results,
377 the clinical surveillance testing was performed independently and thus allows for an estimation
378 of the tampon swab and RT-LAMP wastewater testing PPV and NPV. PPV and NPV were
379 calculated for each day from the day of wastewater testing (day 0) out to six days after. The
380 PPVs displayed a wider range across residence halls (0 to 100%; Figure S8 A) than weeks (0 to
381 75%; Figure S8 C). In general, PPV increased from the day of wastewater monitoring to three
382 days after as incident COVID-19 cases increased in the days following. PPV could not be
383 estimated for RH4, RH6, or week 4 monitoring since there were no positive wastewater results.
384 NPV displayed a similar pattern of variation with the range observed between residence halls (0
385 to 100%) being greater than the range between weeks of monitoring (22 to 100%). NPV
386 decreased from the day of wastewater monitoring out to three days as incident COVID-19 cases
387 increased.

388

389 Across all residence halls and weeks, tampon swab and RT-LAMP wastewater monitoring, with
390 any replicate positive classified as a positive wastewater result, displayed a PPV of 19 to 38%
391 for clinically detected COVID-19 without accounting for convalescent cases during the six days
392 following wastewater testing (Figure S8 A). As shown in Figure S8 B, NPV was greater with a
393 maximum of 78% on the day of wastewater testing to a day six minimum of 38%. The PPV of
394 wastewater testing could be adversely affected by positive RT-LAMP results attributable to
395 convalescent COVID-19 cases returning to residence halls after isolation. As shown in Figure
396 S9, there were six instances where RT-LAMP replicates were positive despite no incident
397 COVID-19 cases, but with returning convalescent cases in the prior seven days. In these six

398 instances, it required four or more convalescent cases before 2 of 3 RT-LAMP replicates were
399 positive, suggesting that a cutoff value of 67% positivity (2 of 3 replicates) could increase the
400 PPV of the wastewater method. If the detection of convalescent COVID-19 cases by wastewater
401 surveillance is accounted for (e.g., the true detection of SARS-CoV-2 RNA shed into the
402 wastewater system), then the PPV improves to 56% on day 0 up to 75% by day three after
403 wastewater monitoring (Figure 2) while the NPV remains unchanged.

404

405 *Reliable RT-LAMP Workflow and Analytical Performance*

406 To develop more accessible wastewater surveillance methods, we characterized the
407 performance of tampon swabs and RT-LAMP to detect SARS-CoV-2 RNA in building-level
408 wastewater and subsequently COVID-19 cases among residents. The 95% LOD for a single
409 RT-LAMP reaction was 23 times higher than RT-ddPCR. Several studies have found that
410 SARS-CoV-2 RNA shedding in feces can outlast nasopharyngeal shedding in up to 50% of
411 COVID-19 patients (52–54). In such cases, the higher RT-LAMP LOD could be advantageous
412 by allowing for convalescent cases to go undetected, while newly incident COVID-19 cases
413 could still be detected. RT-LAMP demonstrated an overall sensitivity of 57% and specificity of
414 100% compared to RT-ddPCR. Unfortunately, we were not able to replicate the findings of an
415 earlier preprint as all of our attempts to test wastewater without extraction were inhibited (42).
416 Our attempts at heat extraction were also consistently inhibited despite the success with saliva
417 and other clinical samples (55). We found that regardless of the wastewater type (primary
418 influent composite or raw sewage sorbate) the use of an extraction kit for testing by RT-LAMP
419 was important to produce uninhibited RT-LAMP reactions. When paired with tampon swab
420 sorbate, the Qiagen AllPrep PowerViral DNA/RNA Kit yielded a 4% inhibition rate among all
421 samples. Concentrating sorbate with Amicon ultrafilters proved burdensome due to clogging.
422 Since wastewater solids have been proposed as an efficient and sensitive partition for SARS-
423 CoV-2 RNA detection (14,56), we opted to abandon Amicon concentration in favor of testing the

424 sorbate solids fraction. We found that the solids fraction yielded a comparable SARS-CoV-2
425 positivity and inhibition rate to ultrafilter concentrate.

426

427 *RT-LAMP predictive capability compared to RT-qPCR*

428 The optimized tampon swab and RT-LAMP workflow yielded a three-day PPV of 75% and a
429 same-day NPV of 80% in six weeks of wastewater surveillance. The PPV and NPV we
430 observed was lower than the 82% and 88.9%, respectively, reported during another study
431 leveraging PEG precipitation and RT-qPCR (21). Nonetheless, the tampon swab and RT-LAMP
432 approach may offer a reasonable PPV and NPV without requiring the complex equipment and
433 lab infrastructure of more sophisticated monitoring methods. Several epidemiological modeling
434 studies have suggested that an optimal strategy for managing COVID-19 on college campuses
435 should include high-frequency screening tests that are highly specific (57,58).

436

437 *Rapidity of RT-LAMP results*

438 These models have also consistently emphasized rapid results reporting over sensitivity as a
439 critical feature of effective screening. Wong et al. found that wastewater monitoring with one day
440 to results and four days or less to follow up clinical testing could keep infection rates within 5%
441 of those achieved by clinical testing of individuals (59). Following extraction, the RT-ddPCR
442 workflows used in the study required 7 hours to produce results. Whereas, the RT-LAMP
443 workflow required only 1.5 hours (45 minute preparation, 30 minute incubation, 15 minutes to
444 read results). Typical RT-qPCR workflows require approximately 2 hours to generate results.
445 Additional time is required for tampon swab deployment, collection, sorbate harvesting, and
446 extraction. At ND, tampon swabs were deployed at 8:00 am, retrieved at 11:00 am, and results
447 were transmitted to the COVID Response Unit by 3:00 pm each surveillance day. Though we
448 only conducted the wastewater monitoring weekly, the workflow could easily be modified to
449 achieve results daily by noon. For example, a tampon swab could be deployed in the sewer for

450 24 hours, retrieved at 8:00 am, at which time another could be deployed, and results could be
451 reported by noon at which time clinical testing could be mobilized in response. Based on a 5-
452 day incubation and 1.2 day medical seeking period (60), Zhu *et al.* have suggested a 6.2-day
453 window to efficiently interrupt transmission chains (61). The tampon swab and RT-LAMP
454 method described in this study is capable of producing wastewater results well within this
455 window. Efficient transmission control through timely wastewater results is even more important
456 on college campuses since asymptomatic infections are more prevalent among younger
457 populations (26).

458

459 *Wastewater Monitoring Scalability and Accessibility*

460 In addition to rapid results, the tampon swab and RT-LAMP method could also improve
461 accessibility to wastewater surveillance in low-resource settings. Many of the COVID-19
462 wastewater surveillance efforts to date, including those on college campuses, have made use of
463 composite samplers and RT-qPCR techniques to detect and quantify SARS-CoV-2 RNA
464 (20,62). While these techniques have proven useful for tracking COVID-19 in some
465 communities, the expense of composite samplers and the apparatus required to perform RT-
466 qPCR greatly limits the accessibility and scalability of wastewater monitoring for SARS-CoV-2.
467 The World Health Organization has identified wastewater surveillance approaches for pooled
468 testing of high-risk lower-resource settings as a critical need to expand the application of the
469 tool (63). While we could not avoid using a kit-based RNA extraction, the method does not
470 require a composite sampler or thermal cycler for RT-qPCR, relying instead on tampons for
471 wastewater sampling and basic lab equipment including centrifuges, microcentrifuges, vortexes,
472 and single temperature incubators for swab processing and RT-LAMP testing. The per sample
473 analytical cost was comparable between RT-ddPCR (\$35) and the NEB RT-LAMP kit (\$31);
474 however, we estimate that a self-assembled RT-LAMP kit using the same primers could halve
475 the per-sample cost once optimized. Even with the off-the-shelf RT-LAMP kit, the per sample

476 consumables cost for the entire workflow was approximately \$43 USD and could be driven as
477 low as \$27 USD. The average per capita wastewater surveillance cost using tampon swabs and
478 RT-LAMP during this study was \$0.24 USD per week.

479

480 *Limitations*

481 There are limitations that should be considered in generalizing the findings of this study. First,
482 our comparison of RT-LAMP and RT-ddPCR used samples from a limited number of WWTPs
483 and sewer systems. Although we made use of raw sewage and primary influent from diverse
484 sources, wastewater and therefore RT-LAMP performance could be variable among sites. We
485 did not assess the process recovery for the passive samplers via an exogenous control. Nor did
486 we assess the mechanistic basis for sorption of SARS-CoV-2 from wastewater. Interestingly, we
487 are not aware of a mechanistic characterization of the Moore Swab, despite their use since the
488 1940s. We also only used two brands of tampon during the current study. Since material and
489 method of fabrication varies by brand, the performance of tampons as passive samplers is also
490 likely to vary by brand. Each of these should be investigated for further development of passive
491 sampling methods. For comparison with clinical surveillance, we monitored wastewater at nine
492 ND residence halls. We note that while COVID-19 protocols during the sampling period did not
493 allow guests into the residence halls, it is not possible to completely exclude the possible
494 shedding of SARS-CoV-2 RNA into the residence hall wastewater by non-residents. In settings
495 without strict COVID-19 protocols, the movement of people into and through various residential
496 buildings could greatly complicate the interpretation of positive wastewater results from
497 individual facilities. The predictive performance was variable between halls and weeks and the
498 study was not designed to further investigate these differences. The tampon swabs were only
499 deployed for a three-hour interval between 8:00 am and 11:00 am. This period accounted for
500 roughly 20% of daily domestic water use, but the performance of the workflow could potentially
501 be improved with longer deployments of the tampon swabs, assuming this does not lead to

502 increased rates of inhibition. We independently monitored the wastewater from residence halls
503 during a large and robust clinical surveillance program that featured weekly testing of every
504 single student. In the midst of such a large clinical surveillance effort, the predictive performance
505 of wastewater surveillance is likely to be conservative compared to a typical application.

506

507 **Conclusions**

508 If wastewater surveillance is to play a meaningful role in controlling infectious disease, and in
509 particular COVID-19, methods which are broadly applicable and widely scalable must be
510 developed. While less sensitive for SARS-CoV-2 RNA than more sophisticated PCR-based
511 methods, the tampon swab and RT-LAMP protocol yielded a PPV and NPV for incident COVID-
512 19 that were reasonable for interrupting transmission chains. Importantly, it does so without the
513 need to expensive composite samplers or thermal cycling platforms and at a low per capita cost.
514 Our experience suggests that tampon swabs in combination with RT-LAMP could afford a
515 specific, rapid, cost-effective, and accessible screening method for building-level wastewater
516 surveillance. As vaccination efforts continue to progress and COVID-19 incidence decreases,
517 swabs and RT-LAMP may offer a scalable platform for non-intrusive screening of at-risk
518 populations, even in low-resource settings.

519

520 **Author Contributions**

521 Conceptualization – KB, AB, EL, ML; Data curation – ML, AB; Formal analysis – ML, AB;
522 Investigation and Methodology – AB, ML, MS, ZW, DN; Supervision – EL, KB; Validation – AB,
523 ML; Visualization – AB; Writing – original draft – AB, ML; Writing – review and editing – AB, KB,
524 EL, ML, MS, ZW, DN

525

526 **Conflicts of Interests**

527 The authors declare no competing financial or non-financial interests.

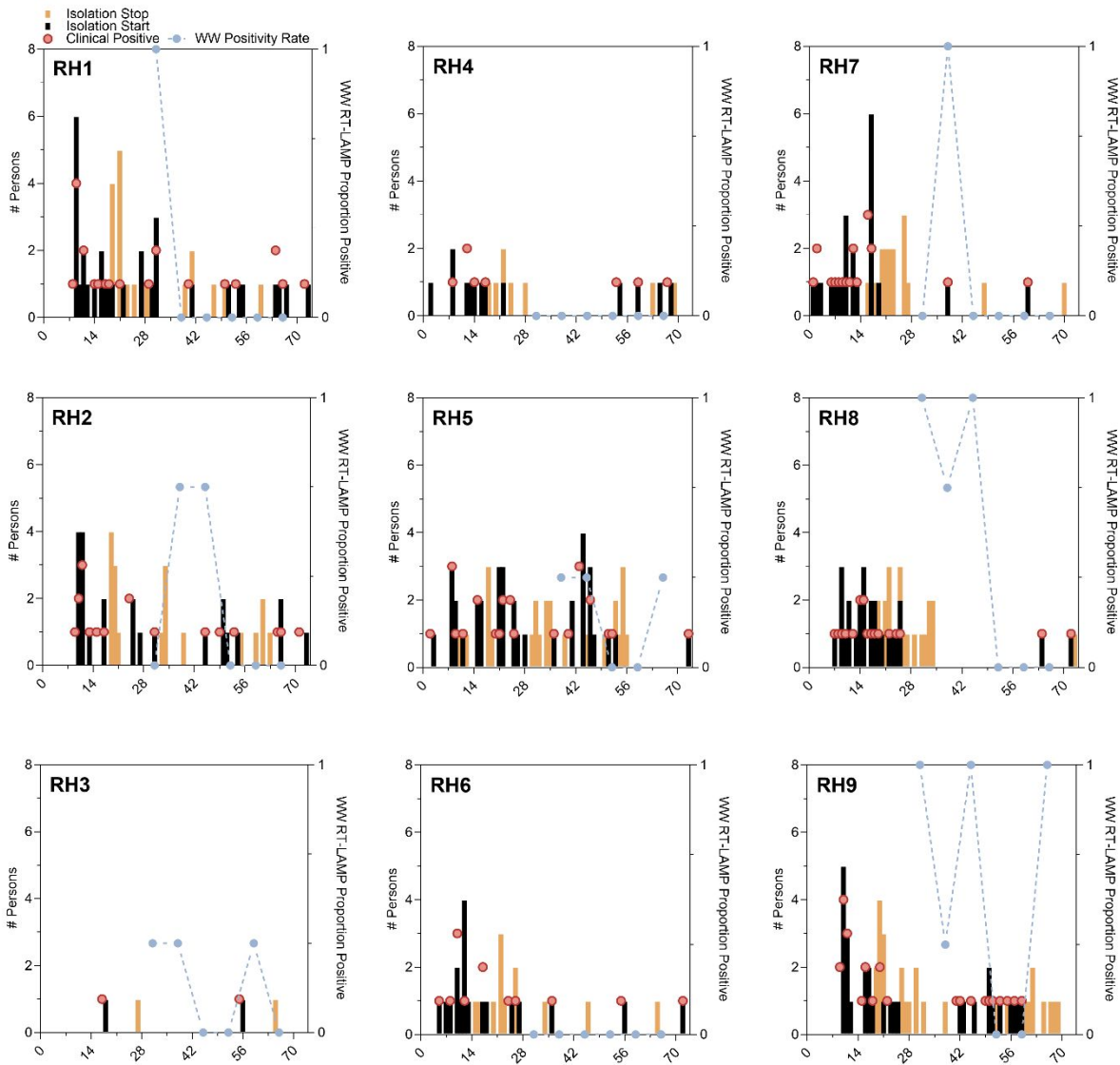
528

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533 county, and the public utilities department for their logistical support of the work described
534 herein.

535 **Data Availability**

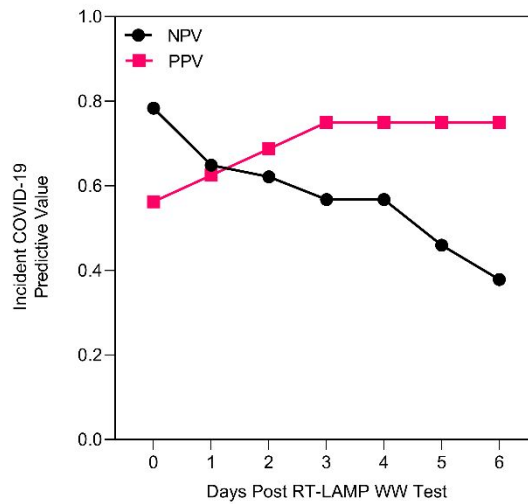
536 The datasets analyzed during the current study, excluding clinical data, are available in the
537 OSF.IO repository, <https://osf.io/2jdbs/> doi: 10.17605/OSF.IO/2JDBS.



538
539

540 Figure 1 | Daily COVID-19 clinical positives, isolation start, and isolation stop (left y-axis),
541 compared with the proportion of RT-LAMP reactions positive (three reactions per wastewater
542 (WW) sample; right y-axis) for SARS-CoV-2 RNA among nine residence halls over a 73-day
543 period (x-axis) with wastewater monitoring every seven days from day 31 to 66.

545



546

547

548 Figure 2 | PPV (adjusted for convalescent COVID-19 cases) and NPV for clinically detected
549 COVID-19 in the seven days following wastewater monitoring by tampon swab and RT-LAMP
550 (positive classification = 1 of 3 replicates positive) as observed during surveillance of
551 wastewater from nine residence halls over six weeks.

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