

Reporting Summary

Nature Research wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Research policies, see [Authors & Referees](#) and the [Editorial Policy Checklist](#).

Statistics

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

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

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

Software and code

Policy information about [availability of computer code](#)

Data collection Flow cytometry data were acquired using SpectroFlo software v2.2.

Data analysis Flow cytometry data were analyzed using FlowJo v10 and Prism v8
ELISA and ELISpot data were analyzed using Prism v8 and SAS 9.4

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

Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

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

All relevant data are available from the corresponding author upon reasonable request.

Field-specific reporting

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

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

Life sciences study design

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

Sample size	No statistical methods were used to determine sample size. 77 convalescent patients and 11 control participants were enrolled based on recruitment; these numbers provided sufficient power to determine differences in SARS-CoV-2 responses between the groups.
Data exclusions	No data were excluded
Replication	Samples were collected from 77 convalescent patients and 11 control participants. ELISA for each participant at each timepoint was performed once with two technical replicates. ELISpot and flow cytometry experiments were performed once for each sample at each timepoint.
Randomization	Different experimental groups were not assigned.
Blinding	No blinding was done in this study; subjective measurements were not made.

Reporting for specific materials, systems and methods

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

Materials & experimental systems

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

Methods

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

Antibodies

Antibodies used	IgG-HRP (goat polyclonal, Jackson ImmunoResearch 109-035-088), IgG-BV480 (goat polyclonal, Jackson ImmunoResearch 109-685-098), IgD-SB702 (IA6-2, Thermo 67-9868-42), IgA-FITC (M24A, Millipore CBL114F), CD45-A532 (HI30, Thermo 58-0459-42), CD38-BB700 (HIT2, BD Horizon 566445), Blimp1-A700 (646702, R&D IC36081N), CD20-Pacific Blue (2H7, 302320), CD4-BV570 (OKT4, 317445), CD24-BV605 (ML5, 311124), streptavidin-BV650 (405232), Ki-67-BV711 (Ki-67, 350516), CD19-BV750 (HIB19, 302262), CD19-PE (HIB19, 302254), CD71-PE (CY1G4, 334106), CXCR5-PE-Dazzle 594 (J252D4, 356928), CD27-PE-Cy7 (O323, 302838), CD71-PE-Cy7 (CY1G4, 334112), CD20-APC-Fire750 (2H7, 302358), IgM-APC-Fire750 (MHM-88, 314546), CD3-APC-Fire810 (SK7, 344858); all Biolegend.
Validation	Commercial antibodies were validated by their respective manufacturers per their associated data sheets and titrated in the lab for their respective assay (ELISA or flow cytometry) by serial dilution

Eukaryotic cell lines

Policy information about [cell lines](#)

Cell line source(s)	Expi293F (Thermo)
Authentication	The cell line was not authenticated
Mycoplasma contamination	Cell lines were not tested for mycoplasma contamination. Growth rates were consistent with manufacturer's published data.
Commonly misidentified lines (See ICLAC register)	No commonly misidentified cell lines were used

Human research participants

Policy information about [studies involving human research participants](#)

Population characteristics	77 SARS-CoV-2 convalescent study participants were recruited, ages 21-69, 49.4% female, 50.6% male 11 healthy control participants with no history of SARS-CoV-2 infection were recruited, ages 23-53, 27.3% female, 72.7% male
Recruitment	Study participants were recruited from the St. Louis metropolitan area by the Washington University Clinical Trials Unit. Potential self-selection and recruiting biases are unlikely to affect the parameters we measured.
Ethics oversight	The study was approved by the Washington University IRB

Note that full information on the approval of the study protocol must also be provided in the manuscript.

Flow Cytometry

Plots

Confirm that:

- ☒ The axis labels state the marker and fluorochrome used (e.g. CD4-FITC).
- ☒ The axis scales are clearly visible. Include numbers along axes only for bottom left plot of group (a 'group' is an analysis of identical markers).
- ☒ All plots are contour plots with outliers or pseudocolor plots.
- ☒ A numerical value for number of cells or percentage (with statistics) is provided.

Methodology

Sample preparation	Peripheral blood and bone marrow mononuclear cells were isolated from EDTA anticoagulated blood and bone marrow aspirates, respectively using density gradient centrifugation, and remaining RBCs were lysed with ammonium chloride lysis buffer. Bone marrow plasma cells were magnetically enriched from bone marrow mononuclear cells and immediately used for ELISpot or cryopreserved in 10% dimethylsulfoxide in FBS for flow cytometric analysis. PBMCs were immediately used or cryopreserved in 10% DMSO in FBS.
Instrument	Cytek Aurora
Software	Flow cytometry data were acquired using Cytek SpectroFlo software, and analyzed using FlowJo (Treestar) v10.
Cell population abundance	Cells were not sorted
Gating strategy	Gating strategies are shown in extended data figure

- ☒ Tick this box to confirm that a figure exemplifying the gating strategy is provided in the Supplementary Information.