



While most patients recover from COVID-19, as many as half experience lingering symptoms six or more months after their initial infection. Long Covid is the patient-preferred term used to describe this experience of post-infection illness. Long Covid includes a broad range of symptoms that can be disabling, prevent recovery to pre-infection health, and thwart return to the workforce.

Long Covid is also known as Post-COVID syndrome, Long Haulers, Long-term COVID-19, Post-Acute COVID Syndrome (PACS) or LTC-19. These terms describe a collection of some of the lingering symptoms. Over 200 symptoms have been identified, including:

- Cough
- Shortness of breath/difficulty breathing
- Fatigue (tiredness) or disabling fatigue (PEM, PENE)
- Muscle/joint pain, body aches, or chest pain
- Headache
- Sleep disruption/unrefreshing sleep
- Difficulty with thinking and concentration (sometimes referred to as “brain fog”)
- Loss of taste or smell
- Fast-beating or pounding heart/ large swings in heart rate and blood pressure

As of January, 2022:

<b>22 MILLION</b> U.S. adults are living with Long Covid (LC) – close to 7% of the population.	<b>7 MILLION</b> are experiencing Disabling Long Covid (DLC) – 2.3% of the population.	The cumulative U.S. cost of Long Covid is estimated at more than <b>\$386 BILLION.</b>
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“I did so much as a parent, I always wanted to make sure learning was fun. I remember one time not that too far into getting sick, I started feeling light-headed and dizzy and my heart started racing. I ended up having to go to the emergency room. I went from having a carefree life with my child to not being able to brush his hair or bathe him or get him dressed or even play with him. It was a huge adjustment for me and there’s so much mom guilt because I couldn’t do what I used to do.”

– Cynthia Adinig,  
Solve M.E. Board Member &  
Person with Long Covid

**MOST COMMON SYMPTOMS OF LONG COVID** (characterizing a cohort after/at 7 months)

<b>58% BRAIN FOG</b>	<b>72% PEM</b>	<b>80% FATIGUE</b>
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Solve M.E. finds that Long Covid affects an estimated 10-30% of people infected with SARS-CoV-2, including those who were asymptomatic. Researchers anticipate that many patients will have this disease for their lifetime.

**“UNTIL WE HAVE DATA FROM A REPRESENTATIVE SAMPLE THAT ACCURATELY CAPTURE THE EXTENT OF THE IMPACTS TO THE LABOR FORCE, ECONOMISTS AND POLICYMAKERS ARE LIKELY NOT GOING TO CONSIDER LONG COVID AN ECONOMIC ISSUE OR RECOGNIZE IT FOR THE MASS DISABLING EVENT IT IS.”**  
– Lisa McCorkell, Patient-Led Research Collaborative

**SolveLongCovid.org**

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