



According to the Centers for Disease Control (CDC), as of January, 2022:

18 MILLION

7% of adults in the US have had Long Covid

8.8 MILLION

3.4% of adults currently have Long Covid

\$3.7 TRILLION

Estimated cumulative U.S. cost of Long Covid

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

58% BRAIN FOG

72% PEM

80% FATIGUE

Long Covid is the patient-preferred term and is also known as Post-Acute COVID Syndrome (PASC) Post-COVID syndrome, Long-term COVID-19, Chronic Covid or LTC-19. These terms describe the devastating new or worsening symptoms following a COVID-19 infection. While women, Hispanic, Black, transgender and older adults have been shown to be more susceptible, Long Covid can impact anyone with COVID-19 at any age, regardless of initial illness severity even if there were no symptoms at onset.

Over 200 symptoms have been identified, including:

- Fatigue (tiredness)
- “Crashing” (PEM*, PENE)
- Elevated temperature
- Sore throat
- Shortness of breath/difficulty breathing
- Sudden changes in heart rate and blood pressure
- Dry cough
- Muscle/joint pain, body aches, or chest pain
- Cognitive dysfunction

*Post-Exertional Malaise (PEM) is a worsening of symptoms after physical, mental, or emotional exertion that would not have caused a problem before the illness. For some patients, sensory overload (light and sound) can induce PEM. These episodes are sometimes referred to as “crashes,” and may last days, weeks, or permanently.



“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

“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



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