

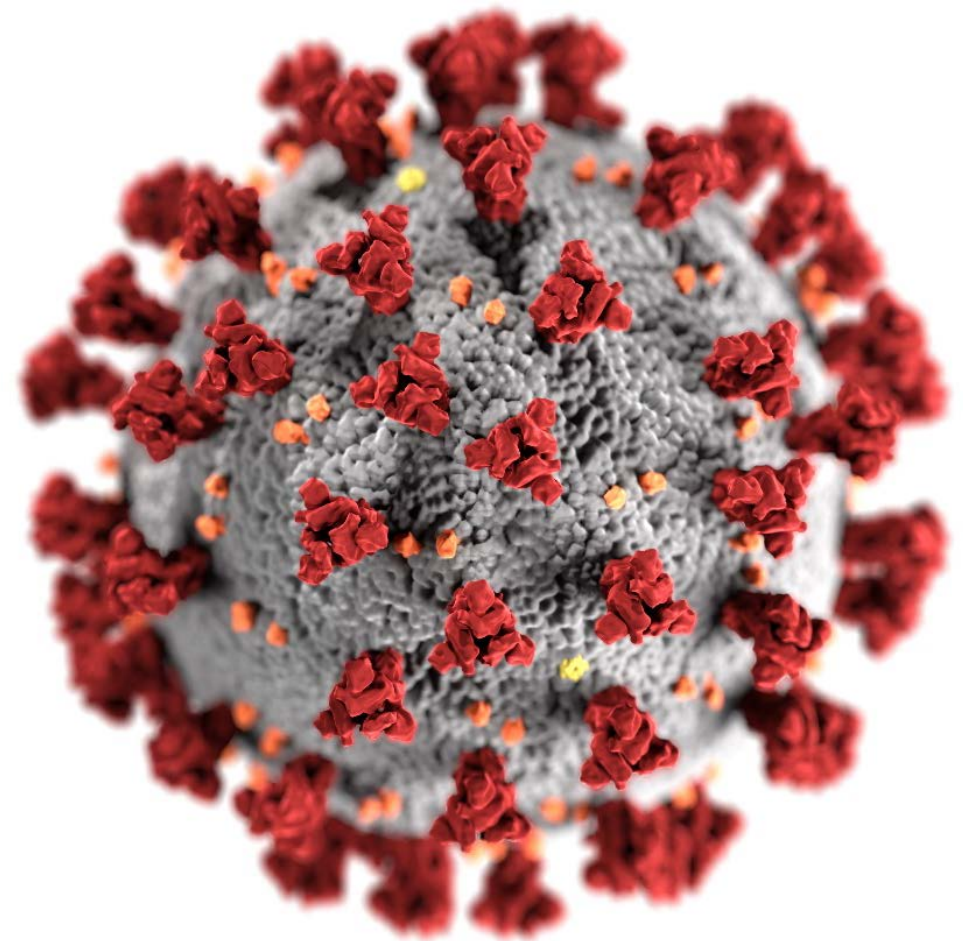
Treating Long COVID: Clinician Experience with Post-Acute COVID-19 Care

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January 28, 2020

Clinician Outreach and Communication Activity
COCA Call



cdc.gov/coronavirus

As reports of long-term COVID-19 symptoms emerged, the need for scientific research about **long COVID** has intensified.

Newsweek

'I Got COVID 9 Months Ago and Still Have Symptoms'

60 MINUTES

PUZZLING, OFTEN DEBILITATING AFTER-EFFECTS PLAGUING COVID-19 "LONG-HAULERS"

Doctors are still searching for answers to why a portion of people who were diagnosed with COVID-19 are still suffering symptoms months later. Anderson Cooper reports.

SCIENTIFIC AMERICAN

LOCAL // HEATHER KNIGHT

S.F. Millennial was fit and healthy before COVID-19. He's a disabled 'long-hauler' now

Heather Knight | Jan. 9, 2021 | Updated: Jan. 10, 2021 4:30 p.m.

The New York Times

For Long-Haulers, Covid-19 Takes a Toll on Mind as Well as Body

"It makes you depressed, anxious that it's never going to go away."



HEALTH · Published August 23

Coronavirus survivors plagued by long-term ailments

Symptoms include losing sense of smell, dry cough, fever and chronic fatigue



SHORT WAVE

What's It Like To Be A COVID-19 'Long Hauler'

November 9, 2020 · 4:00 AM ET

Vox

The many strange long-term symptoms of Covid-19, explained

Long Covid "is a phenomenon that is really quite real and quite extensive," Anthony Fauci said.

By Lois Parshley | Dec 15, 2020, 4:20pm EST

BBC

Long Covid: 'I thought I'd get over this no problem'

By Claire Smyth
BBC News NI

San Francisco Chronicle

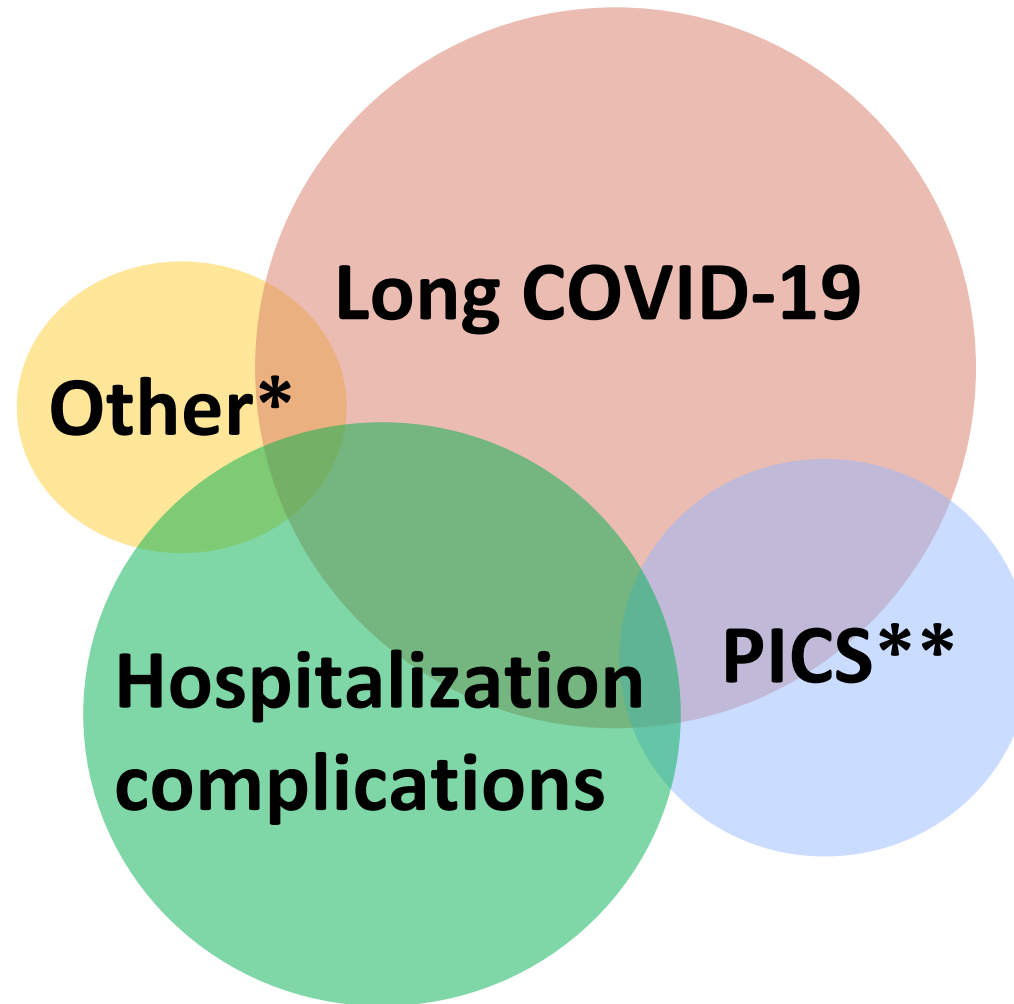
PUBLIC HEALTH | OPINION

The Problem of 'Long Haul' COVID

More and more patients are dealing with major symptoms that linger for months

By Carolyn Barber on December 29, 2020

Long COVID may overlap with other complications of acute COVID-19 illness making it **hard to define**.



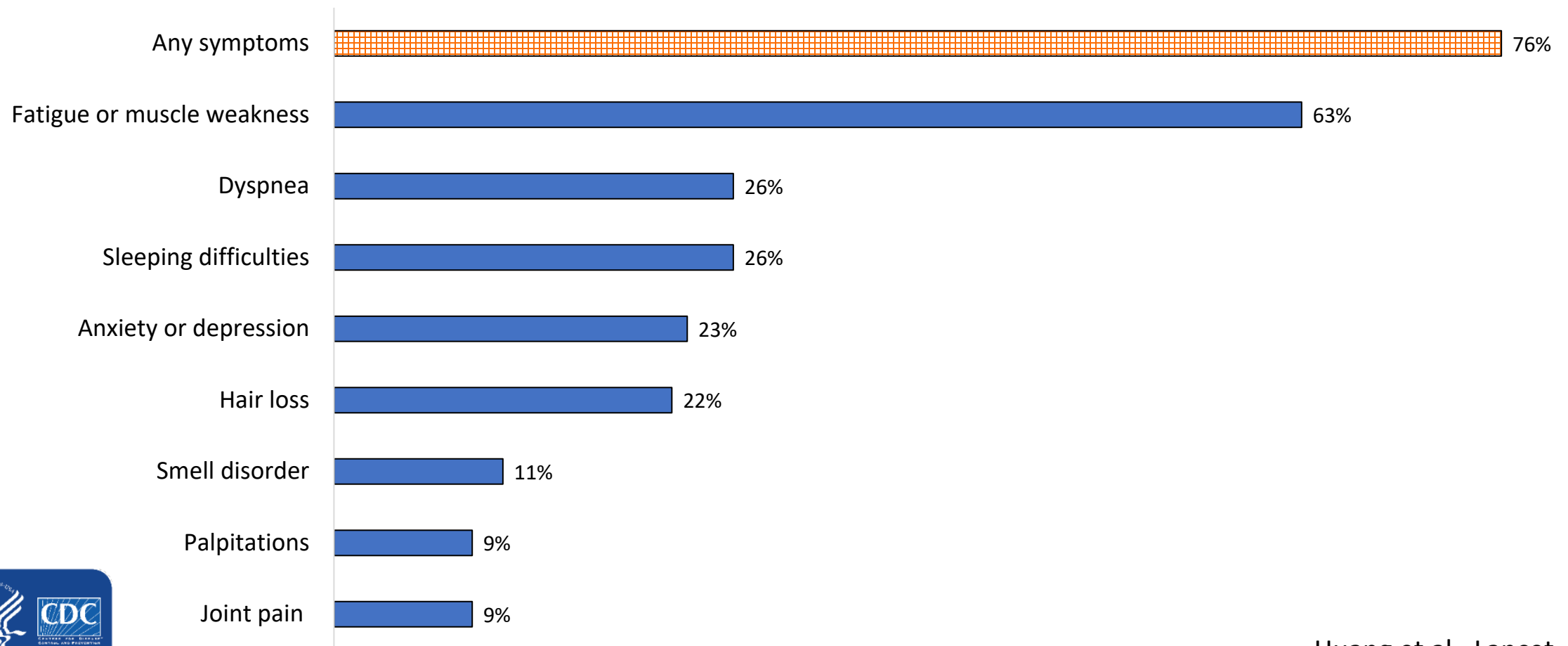
*Multisystem inflammatory disorder, Guillain-Barre, among others
**Post-Intensive Care Syndrome

Long COVID often presents as reported **persistent severe fatigue, headaches, and brain fog (mild subjective cognitive impairment) >4 weeks** after acute illness and may be **independent of acute illness severity.**



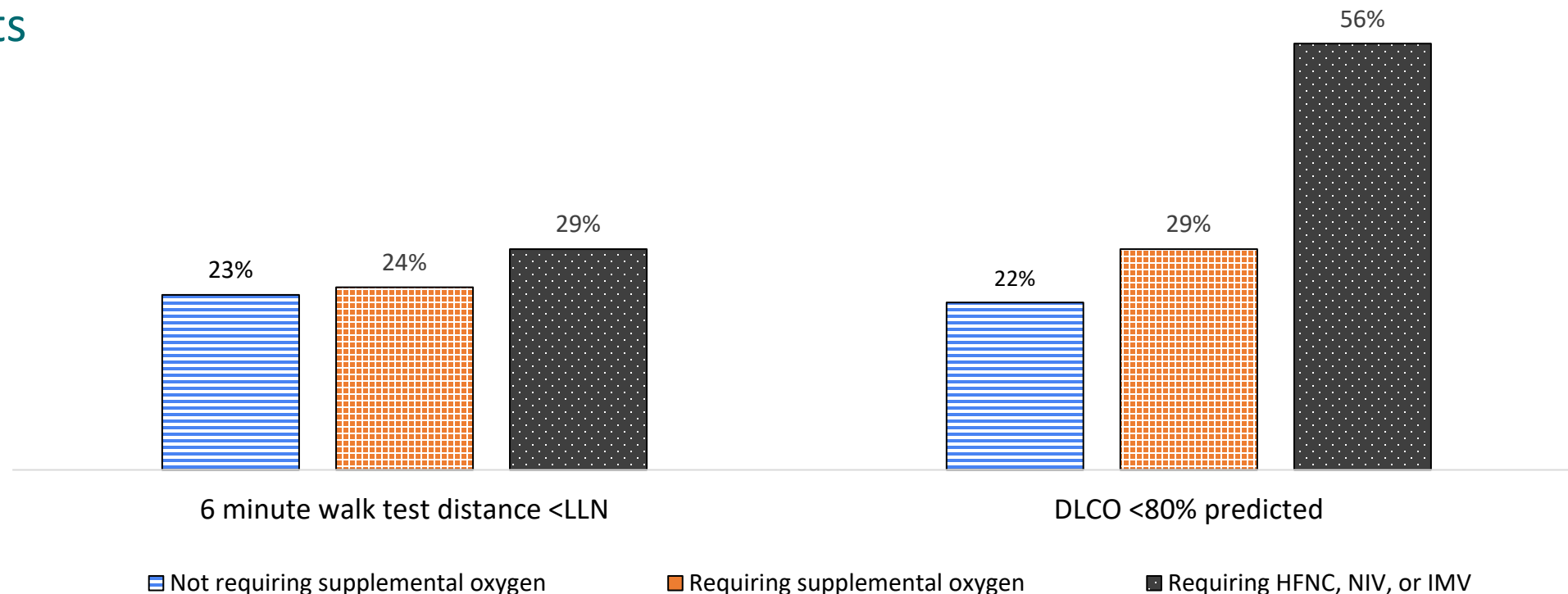
Three quarters of patients hospitalized with COVID-19 had **at least one ongoing symptom** 6 months after their acute illness.

Symptoms among 1,733 patients after hospitalization for COVID-19, China



One in five patients not requiring supplemental oxygen during hospitalization had decreased lung function after 6 months.

Pulmonary function and 6-minute walk test distance results among COVID-19 hospitalized patients



LLN = lower limit of normal; DLCO = diffusion capacity for carbon monoxide



Prolonged symptoms are common among patients with mild COVID-19 disease **not requiring hospitalization.**

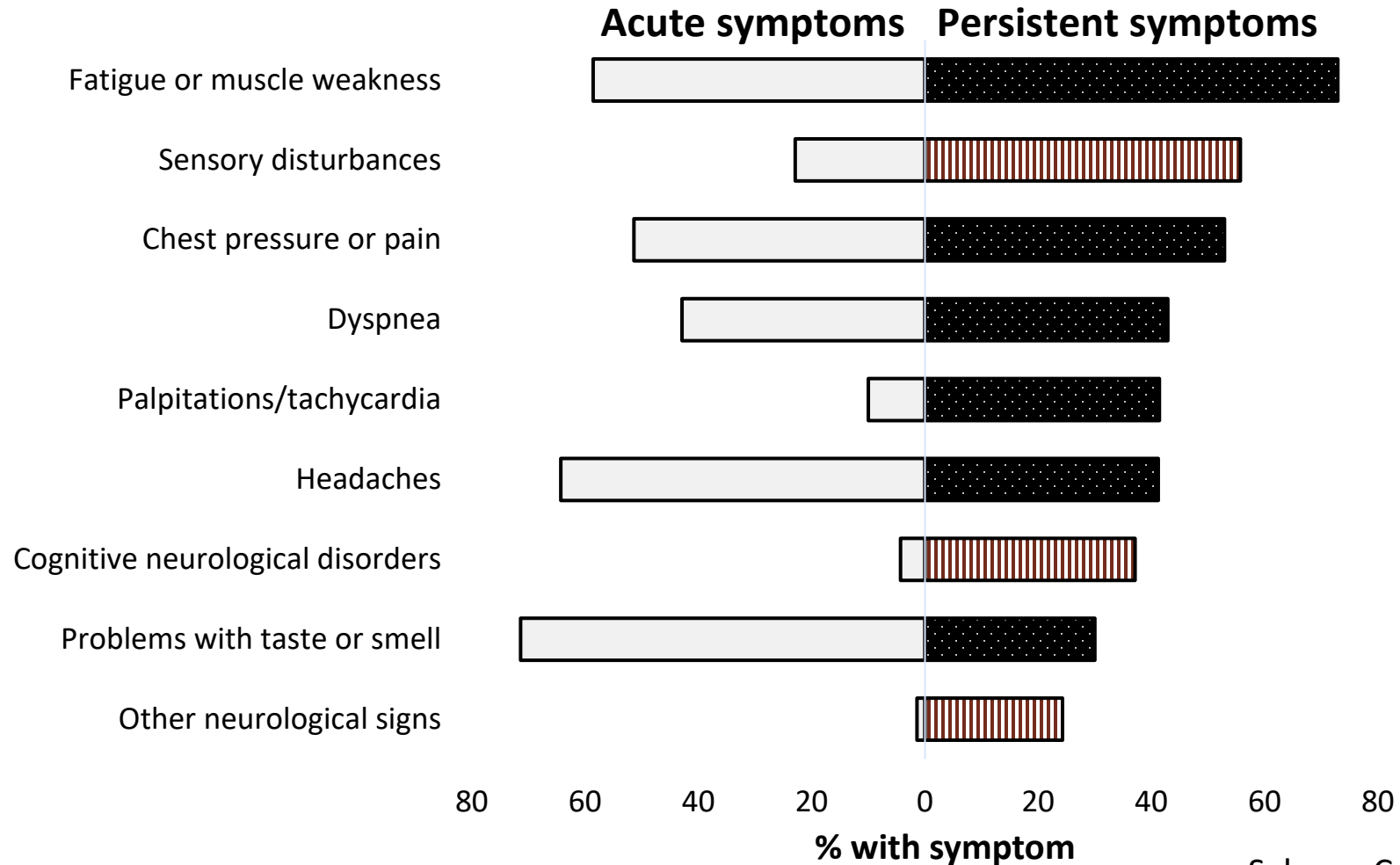
- Survey of patients in a post-COVID 19 clinic in France¹ and telephone surveys in the Faroe islands² and Switzerland³
 - 35-54% of patients with mild acute COVID-19 had **persistent symptoms after 2-4 months**
 - 50-76% of patients **reported new symptoms** not present in their acute COVID-19 illness **or symptoms that resolved and reappeared**¹
 - 9% reported prolonged symptoms as **severe**²



1. Salmon-Ceron et al., J Infect. 2020
2. Petersen et al., Clin Infect Dis. 2020
3. Nehme et al., Ann Intern Med. 2020

More than one quarter of patients developed new neurological symptoms after their acute COVID-19 illness.

COVID-19 symptoms among 70 non-hospitalized patients, France



Key points

- New or persistent symptoms (lasting >4-6 months) may occur among patients with COVID-19 **regardless of acute episode severity.**
- In addition to respiratory symptoms, **patients may present with fatigue, sleeping difficulties, depression, anxiety, and neurological dysfunction.**
- Baseline and serial **comprehensive reviews of systems and physical exams** may better document possible long COVID manifestations and improve management.
- There is still **a lot we do not understand**, and **empathy toward patients** experiencing long COVID is fundamental.

CDC is involved in a multipronged approach to understand and characterize long COVID.

- Cohort studies
- Administrative data and chart reviews
- Patient surveys
- Clinician engagement
- Partnering with other agencies and organizations
- Public and clinical messaging



YOUR HEALTH

Long-Term Effects of COVID-19

Updated Nov. 13, 2020

Print

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>

HEALTHCARE WORKERS

Late Sequelae of COVID-19

Updated Nov. 13, 2020

Print

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/late-sequelae.html>

Resources

- **CDC webpages on long COVID:**

- For the general public: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>

- For clinicians: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/late-sequelae.html>

- **NIH Workshop on Post-Acute Sequelae of COVID-19**

- Day 1: <https://videocast.nih.gov/watch=38878>

- Day 2: <https://videocast.nih.gov/watch=38879>



References

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- Petersen MS, Kristiansen MF, Hanusson KD, et al. Long COVID in the Faroe Islands - a longitudinal study among non-hospitalized patients. *Clin Infect Dis*. 2020 Nov 30:ciaa1792.



Thank you

CDC COVID-19 Healthcare Systems and Worker Safety Task Force

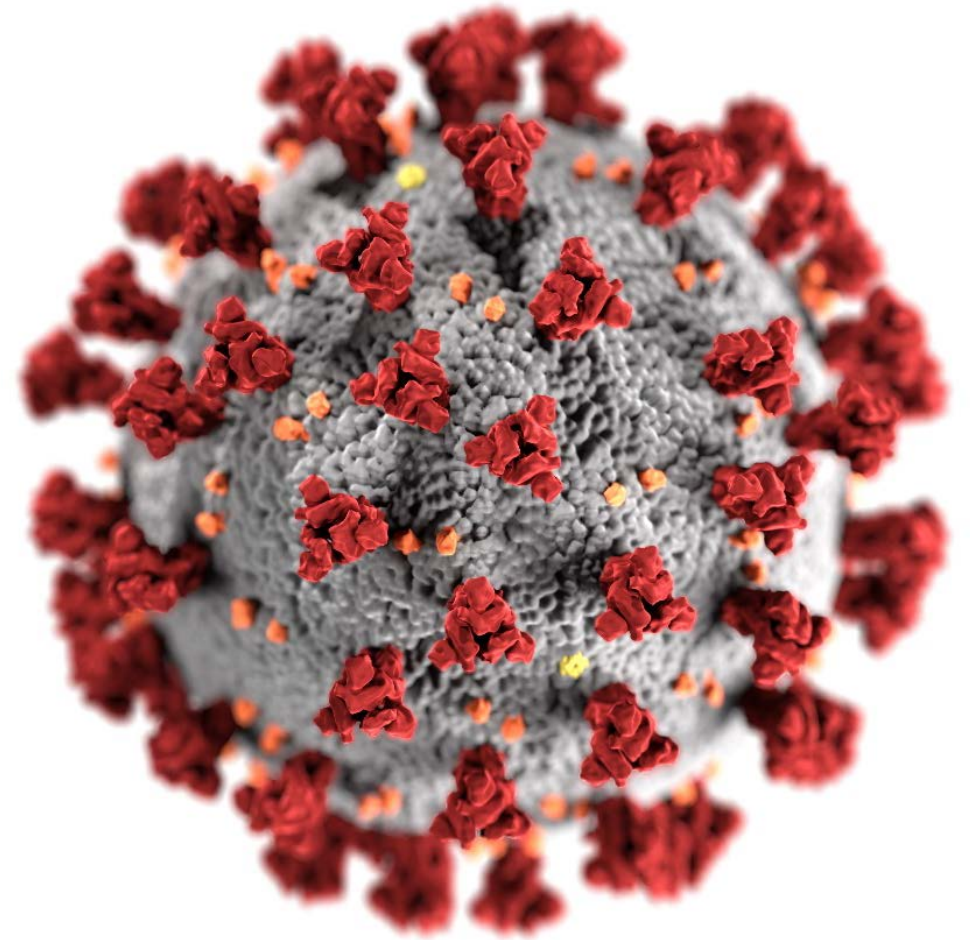
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Disclaimer

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cdc.gov/coronavirus

