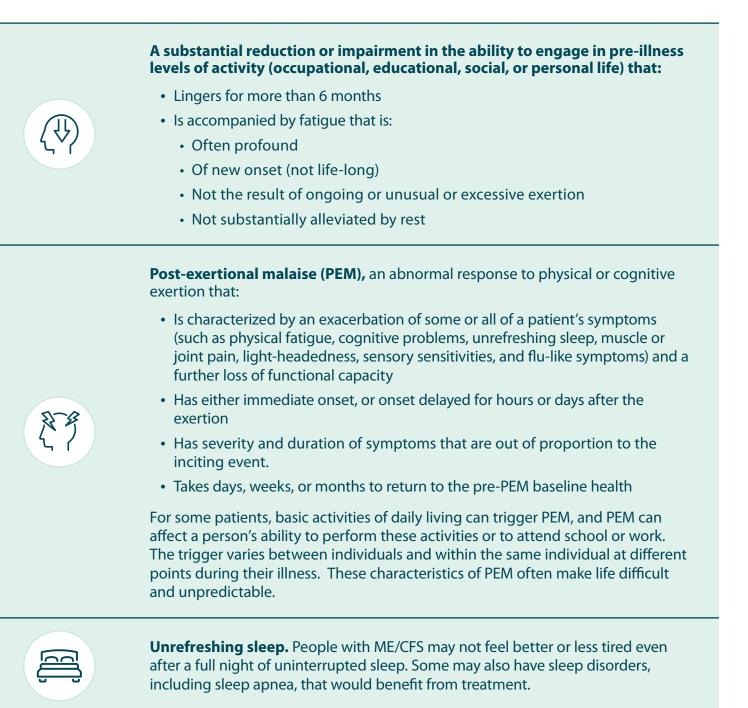
Three primary symptoms **ALWAYS** occur with ME/CFS. These must be of at least moderate intensity and be present at least 50% of the time to diagnose a patient with ME/CFS:





Centers for Disease Control and Prevention National Center for Emerging and Zoonotic Infectious Diseases In addition, at least one of the following two manifestations must be present:



**Cognitive impairment.** Most people with ME/CFS have problems with thinking, memory, executive function, and information processing as well as attention deficit and impaired psychomotor functions. All are exacerbated by exertion, effort, or stress, and may have serious consequences on a person's ability to maintain a job, attend school, or engage in other activities of daily living. Patients often say they have "brain fog" to describe this problem because they are unable to think clearly.



**Orthostatic intolerance.** People with ME/CFS develop a worsening of symptoms upon assuming and maintaining upright posture as measured by objective heart rate and blood pressure abnormalities during standing, bedside orthostatic vital signs, or head-up tilt testing. Orthostatic symptoms such as lightheadedness, fainting, increased fatigue, cognition, headaches, or nausea worsen with upright posture (standing or sitting) and improve (though not necessarily fully resolve) with lying down. This is often the most problematic manifestation of ME/CFS among adolescents.

## **OTHER COMMON SYMPTOMS**

- Muscle pain
- Pain in the joints without swelling or redness
- Headaches of a new type, pattern, or severity
- Swollen or tender lymph nodes in the neck or armpit
- A sore throat that is frequent or recurring
- Gastrointestinal symptoms

- Genitourinary symptoms
- Sensitivity to light, sound, touch, and smell
- Chills and night sweats
- Visual disturbances
- Nausea
- Allergies or sensitivities to foods, odors, chemicals, or medications

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Centers for Disease Control and Prevention National Center for Emerging and Zoonotic Infectious Diseases For more information on ME/CFS, please visit www.cdc.gov/me-cfs.

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