

Long-COVID defined

Long COVID can be diagnosed when symptoms or health conditions are intermittently or continuously present for at least three months after SARS-CoV-2 infection, affecting single or multiple organ systems, and often associated with functional impairment (Ely et al., 2024).

You are invited to fill in this survey if you had (and recovered) or currently have long-Covid, with mild, moderate or severe symptoms.

Mild long COVID

You had COVID-19. After three months or more, you still have some symptoms. The symptoms are not very strong. You can still do most things in your daily life.

You may have one or more of these symptoms:

- tiredness
- a little shortness of breath
- a cough
- some problems with smell or taste
- mild pain or discomfort
- feeling a little low in mood

Some days are harder than others (Sivan et al., 2024).

Moderate long COVID

You had COVID-19. After three months or more, you still have many symptoms. The symptoms affect your daily life.

You may have several of these symptoms:

- strong tiredness
- shortness of breath
- feeling much worse after activity (post-exertional malaise).
- problems with memory or concentration (brain fog).
- low mood or anxiety
- pain or discomfort
- palpitations. Your heart beats fast or in an unusual way.
- problems with sleep.

Some days you feel a little better. Other days you feel much worse. This is common with long COVID. The condition can change from day to day (Sivan et al., 2024).

Severe long COVID

You had COVID-19. After three months or more, your symptoms are very strong. The symptoms make daily life very hard.

You may have many of these symptoms at the same time:

- very strong tiredness that does not go away with rest
- feeling much worse after even light activities
- serious problems with memory, concentration, or thinking
- strong pain or discomfort
- breathing difficulties
- palpitations
- very poor sleep
- very low mood or anxiety
- problems doing basic daily tasks such as washing, cooking, or moving around the home

You may not be able to work. You may need help from other people every day. This is a serious condition. You need medical support (Sivan et al., 2024).

Ely, E. W., Brown, L. M., & Fineberg, H. V. (2024). Long Covid Defined. *New England Journal of Medicine*, 391(18), 1746–1753.

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