



JOHNS HOPKINS COVID LONG STUDY

SUMMER 2023 Newsletter

The Johns Hopkins COVID Long Study began in February of 2021 with the goal of learning more about the short- and long-term health impacts of COVID-19 illness. Thanks to our dedicated participants, we have heard from more than 22,000 individuals from across the United States and close to 450 individuals from around the globe.

Every COVID-19 story matters. We are grateful to everyone who has shared their story with us.

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PRINCIPAL INVESTIGATOR CORNER



Greetings from Baltimore! We are excited to share some new findings with you in this newsletter. We greatly appreciate that so many of you have continued to participate in this study. Your commitment to answering follow-up survey questions every 3-6 months is providing us with rich data

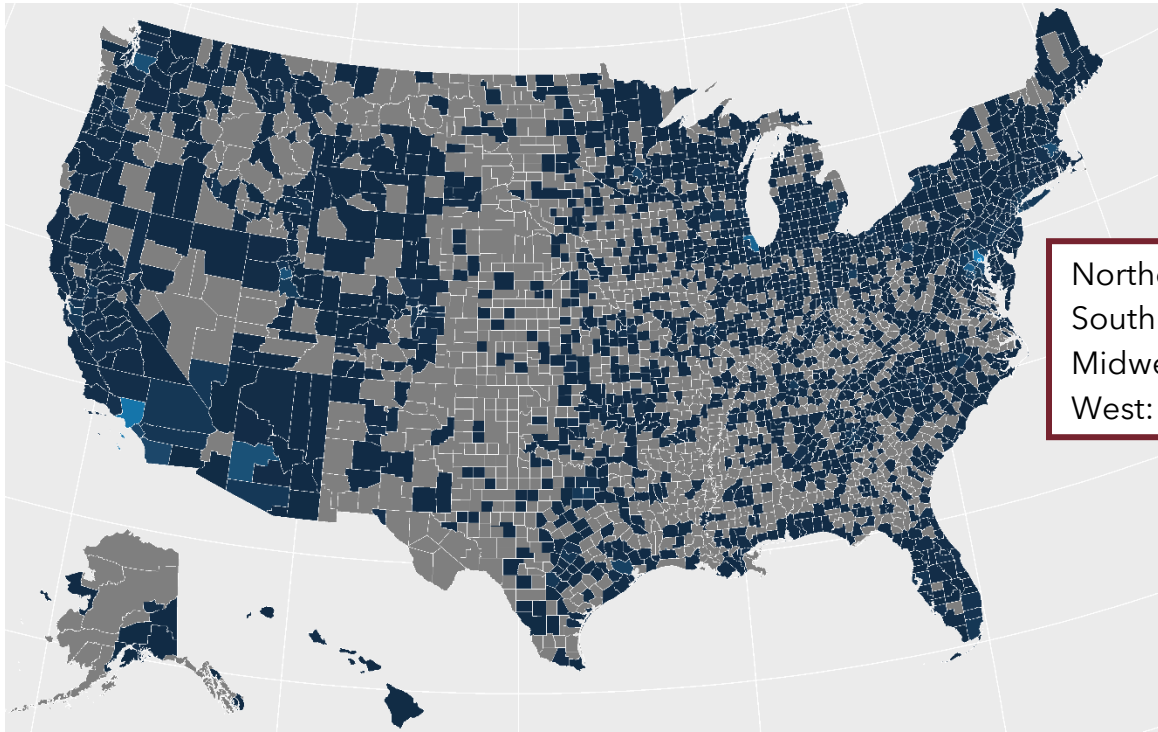
that will help us better understand how people recover, the impact of COVID re-infections, and the continued impact of long-COVID. In August, we launched our survey in two new languages: Vietnamese and Brazilian Portuguese. We are looking forward to launching in many new languages over the next year as well. From our study team family to yours, we sincerely say thank you for coming along on this journey with us. We couldn't do this without you!



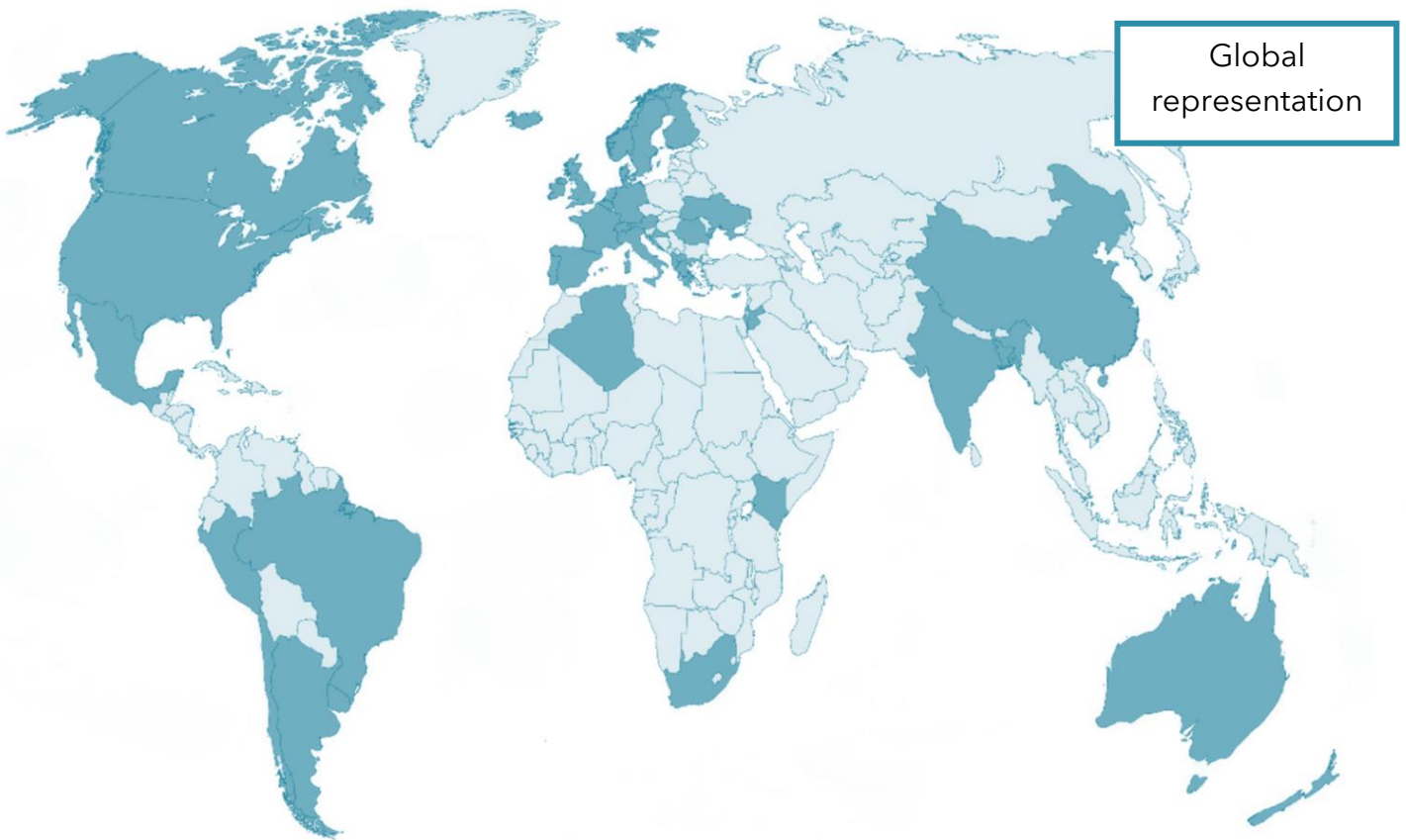
RECRUITMENT UPDATES

As of September 6, 2023, we have recruited 22,627 individuals across 53 states and territories in the United States. We have also recruited 445 individuals across 46 different countries globally. We have had 6,596 individuals complete their first follow-up survey, 4,588 individuals complete their second, 3,454 individuals complete their third, and 2,413 complete their fourth! We have recruited participants of all ages, and while the majority of our participants are white (88%), we have also had participants who are black, East Asian, South Asian, Native American/American Indian, Alaskan Native, and Native Hawaiian/Pacific Islander. Of all who have participated, 8% reported being of Hispanic, Latino, or Spanish origin. Our participants are 84% female. Of our global participants, 36% are from Australia, 20% are from Canada, 12% are from the United Kingdom, and 11% are from New Zealand. At the time of their initial COVID-19 illness, 99% reported having symptoms, and 86% reported new/continuing symptoms after their initial illness had cleared. CNN health recently interviewed Dr. Bryan Lau. You can check out that interview [here](#).

WHO WE ARE

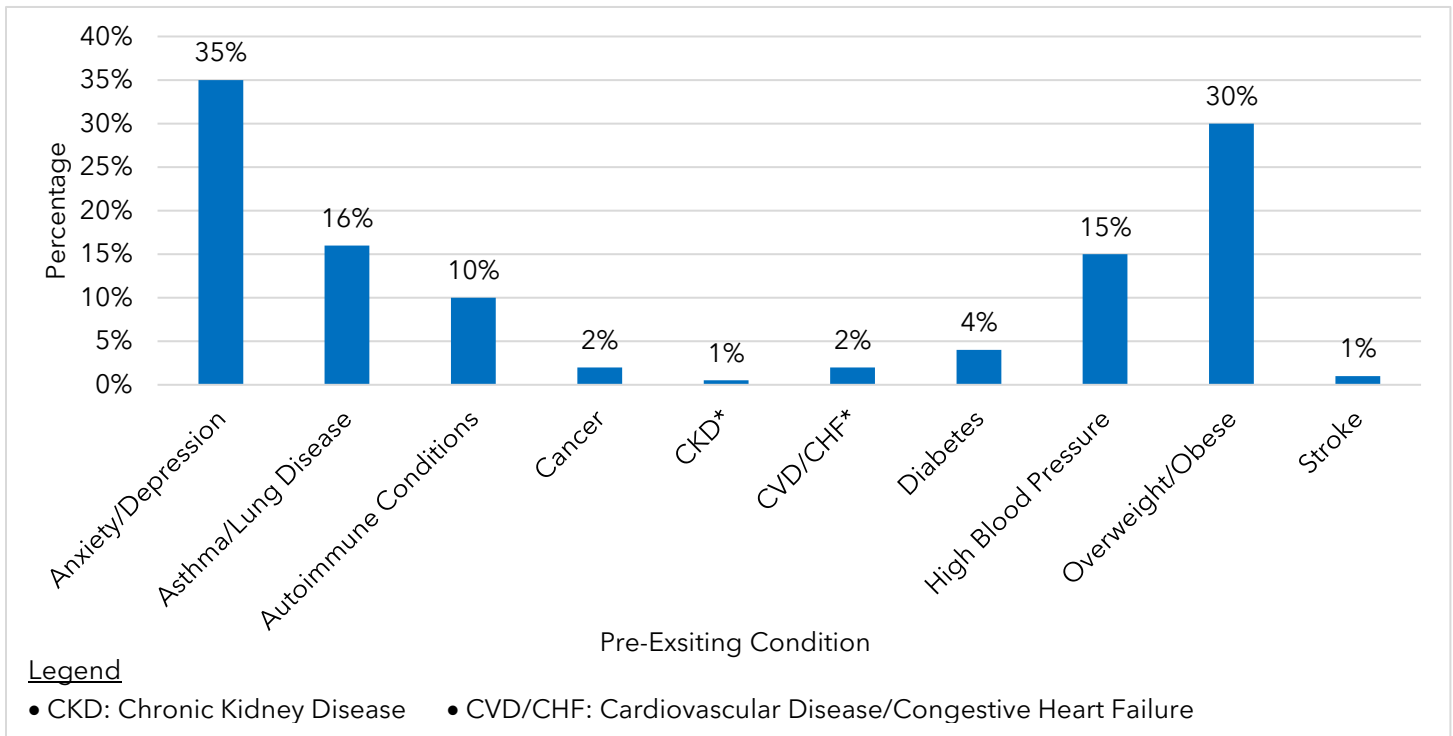


**Darker colors represent more survey responses*

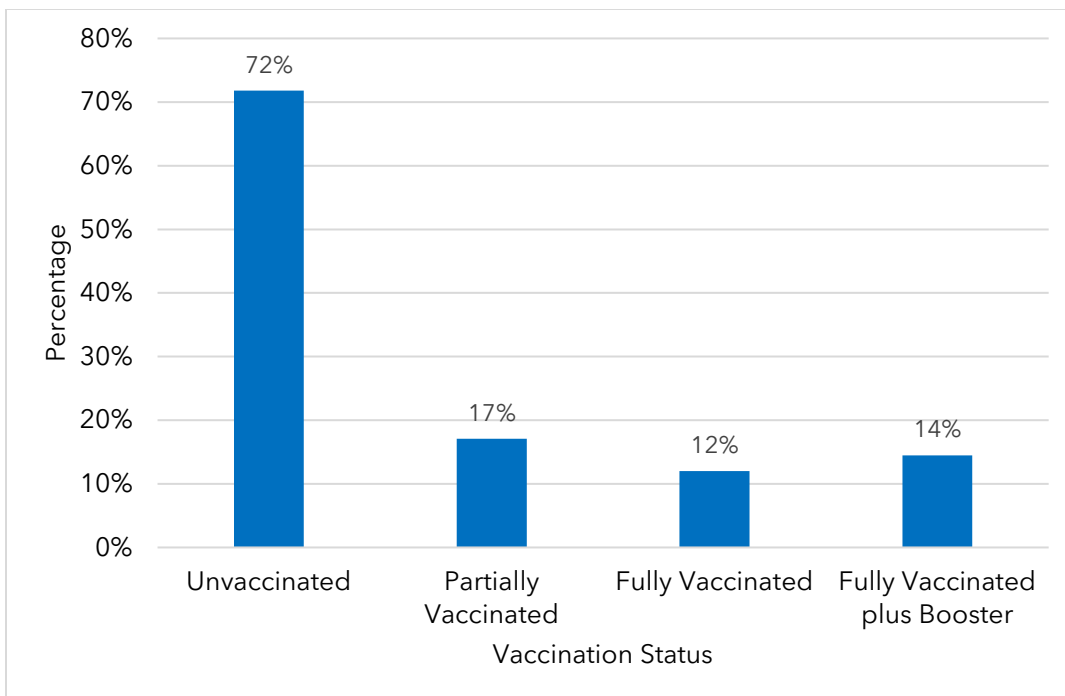


WHAT WE HAVE LEARNED

Health Conditions Reported by Participants Prior to Initial COVID-19 Illness

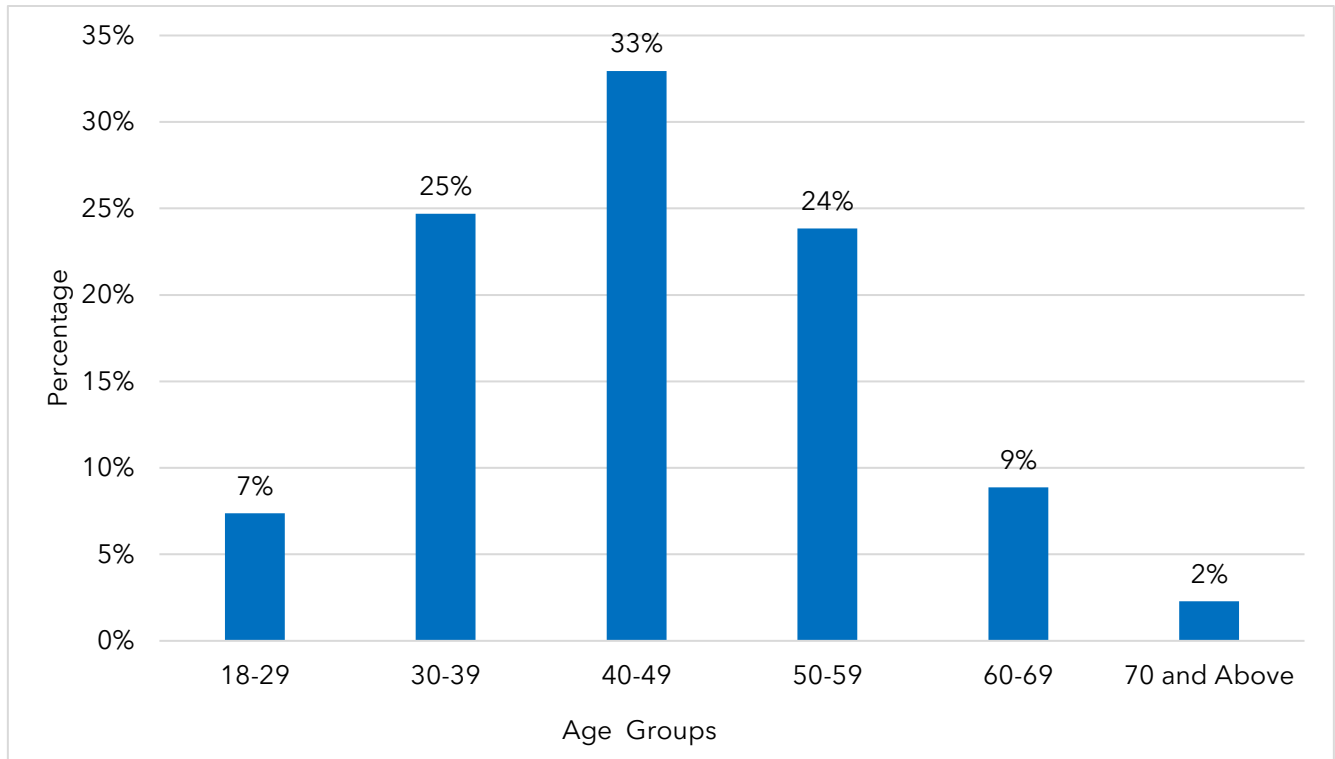


COVID-19 Vaccination Status of Participants Prior to Initial COVID-19 Illness



WHAT WE HAVE LEARNED

Participants Reporting New Diagnosis of POTS Following Initial COVID-19 Illness by Age Group



*923 individuals reported POTS as a new physician diagnosis following their initial COVID-19 illness

POTS (Postural Orthostatic Tachycardia Syndrome) is a debilitating condition that causes a person to experience a number of symptoms when they go from lying down to standing up. Some of the symptoms associated with POTS include:

- Dizziness
- Fainting
- Racing heart
- Fatigue
- Headaches
- Excessive sweating
- Chest pain
- Shortness of breath
- Bloating
- Trouble focusing

RESOURCES

Our team has put together a list of a few resources to help you navigate the pandemic, COVID-19 disease, and long COVID.

- American Academy of Physical Medicine and Rehabilitation: Long COVID (PASC) Resources
[Link](#)
- Centers for Disease Control and Prevention: COVID-19
[Link](#)
- Centers for Disease Control and Prevention: More Resources about COVID-19
[Link](#)
- Centers for Disease Control and Prevention: Long COVID or Post-COVID Conditions
[Link](#)
- FACT SHEET: Americans with Disabilities Act Resources to Support Individuals with Long COVID
[Link](#)
- Johns Hopkins Bloomberg School of Public Health: Coronavirus Questions and Answers
[Link](#)
- Long COVID Alliance
[Link](#)
- Survivor Corps
[Link](#)
- U.S. Department of Health & Human Services: Guidance on “Long COVID” as a Disability Under the ADA, Section 504, and Section 1557
[Link](#)
- World Health Organization: COVID-19 pandemic
[Link](#)

**Note: The Johns Hopkins COVID Long Study is a survey-based study. Resources are being offered for informational purposes only. This list is not comprehensive and does not constitute an endorsement by the Johns Hopkins University.*