



JOHNS HOPKINS COVID LONG STUDY

FALL 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 23,000 individuals from across the United States and close to 550 individuals from around the globe.

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

**Principal Investigator
Corner & Recruitment
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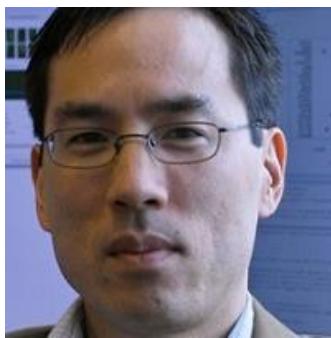
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PRINCIPAL INVESTIGATOR CORNER



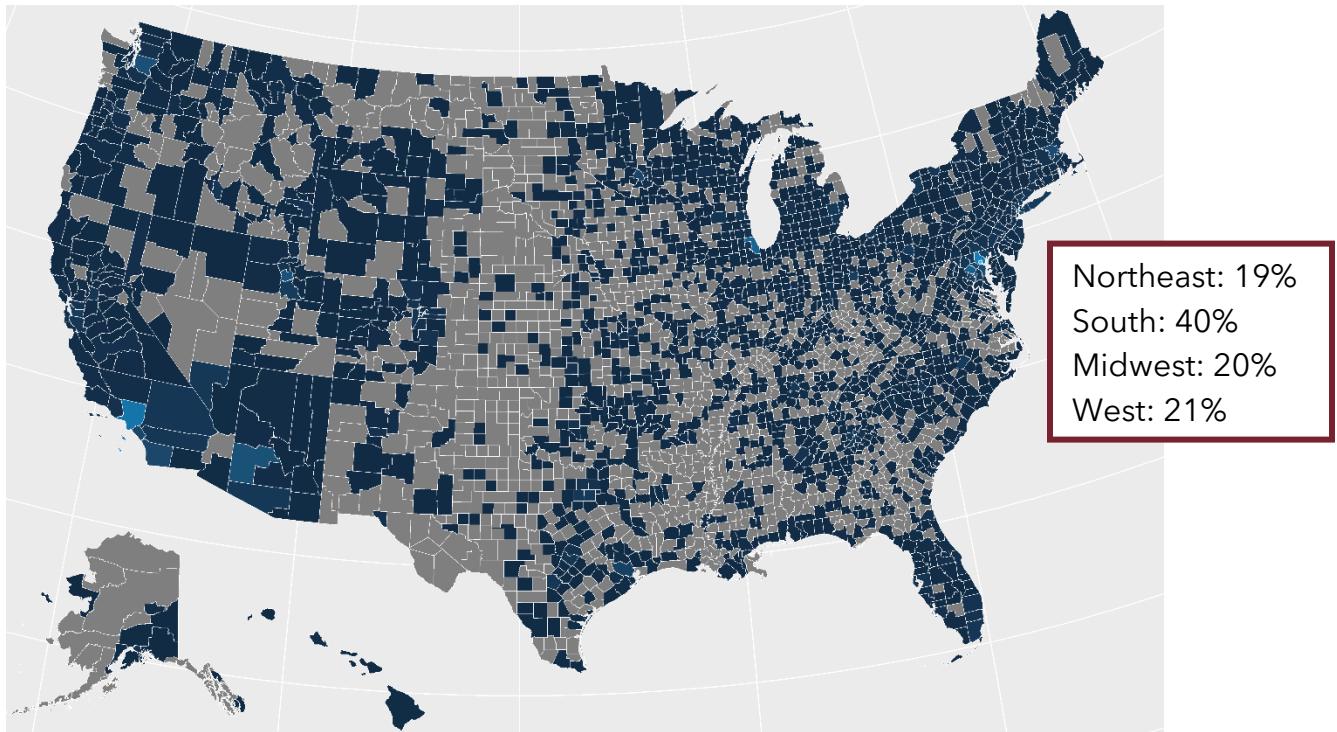
Happy holidays from the Johns Hopkins COVID Long Study! Wishing you and your family a wonderful holiday season. We are grateful for each and every one of you and for the valuable data you have contributed to our knowledge of COVID-19 and long COVID. We are busy analyzing the follow-up data that you have been contributing for over two years now. Specifically, we are looking at symptoms reported over time and our COVID-19 re-infection data. We are looking forward to sharing our findings with you over the coming year. We hope you enjoy the newsletter!



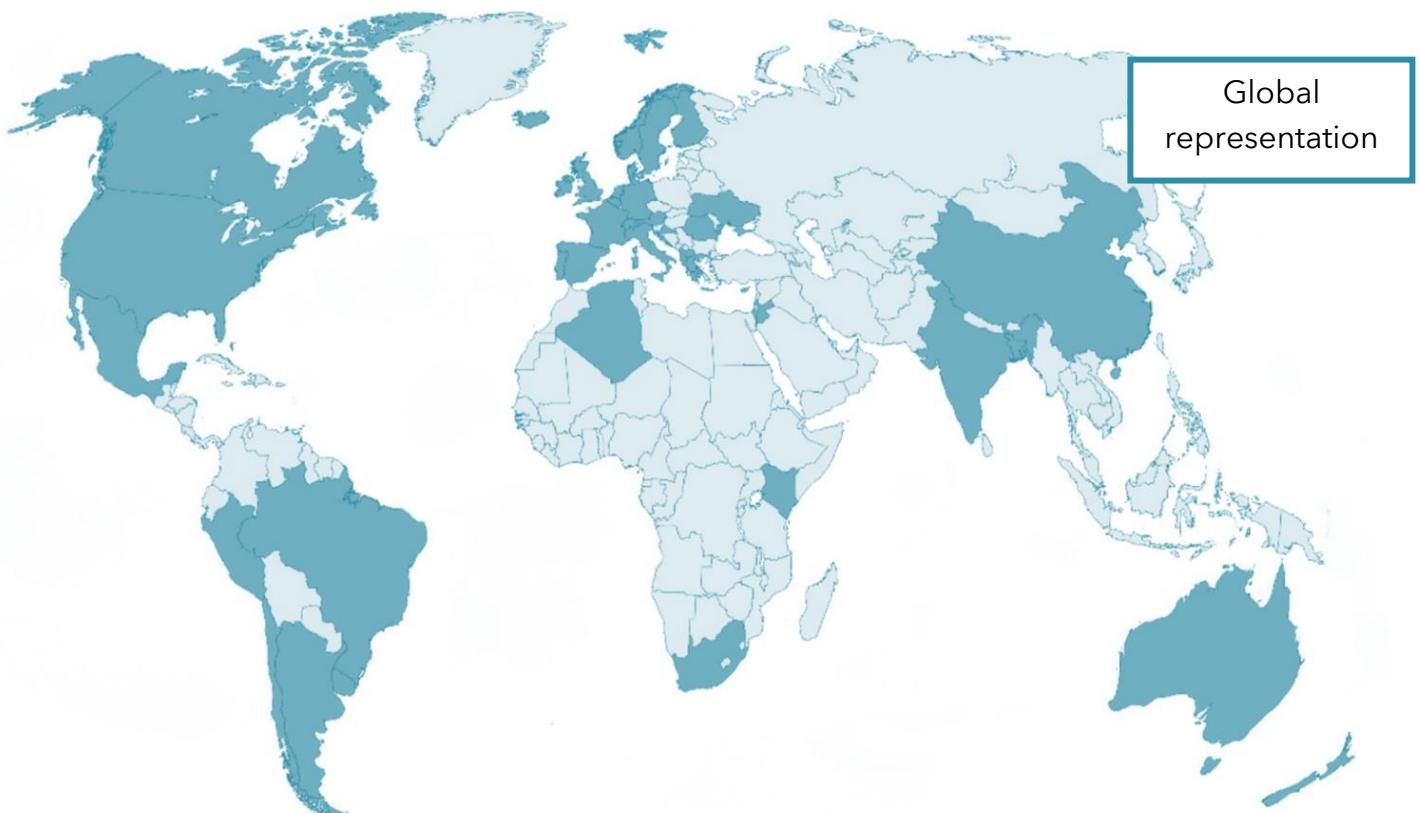
RECRUITMENT UPDATES

As of December 11, 2023, we have recruited 22,964 individuals across 53 states and territories in the United States. We have also recruited 552 individuals across 66 different countries globally. We have had 6,655 individuals complete their first follow-up survey, 4,697 individuals complete their second, 3,557 individuals complete their third, 2,796 complete their fourth, and 1,490 complete their fifth! We have recruited participants of all ages, and while the majority of our participants are white (89%), 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 83% female. Of our global participants, 42% are from Australia, 16% are from Canada, 11% are from the United Kingdom, and 10% 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. We recently got our first paper published in the American Journal of Medicine outlining the physical health and mental fatigue disability associated with COVID-19. You can check it out [here](#).

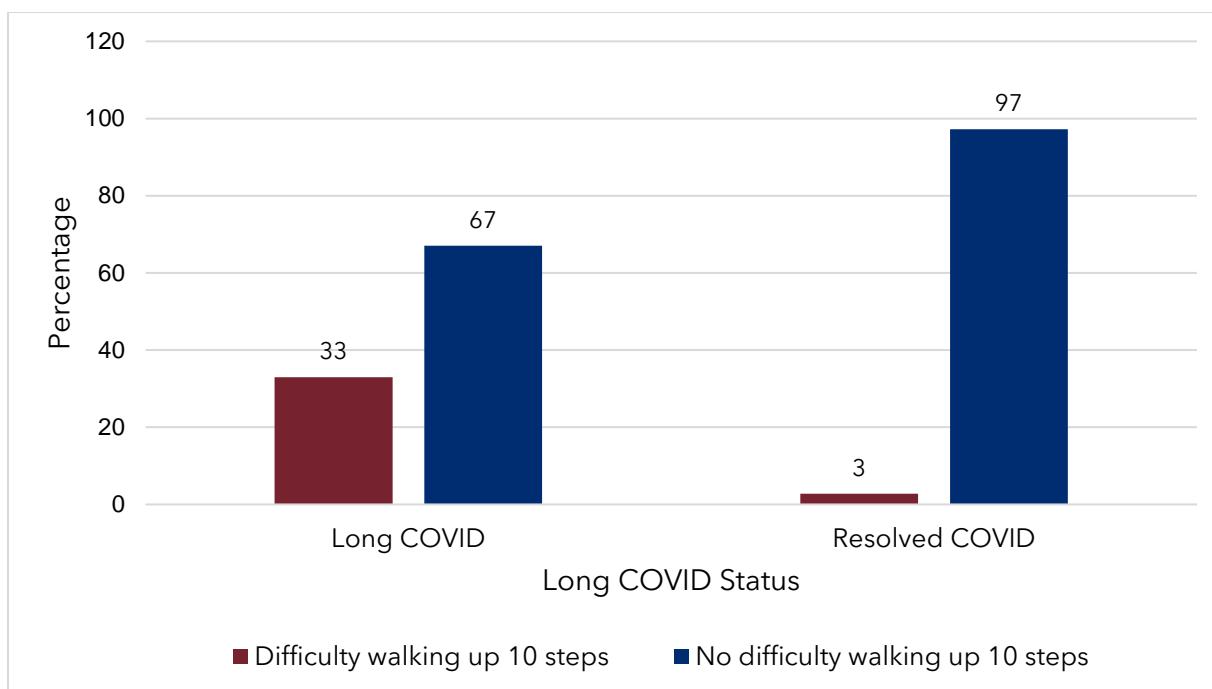
WHO WE ARE



*Darker colors represent more survey responses



WHAT WE HAVE LEARNED



What does this graph show?

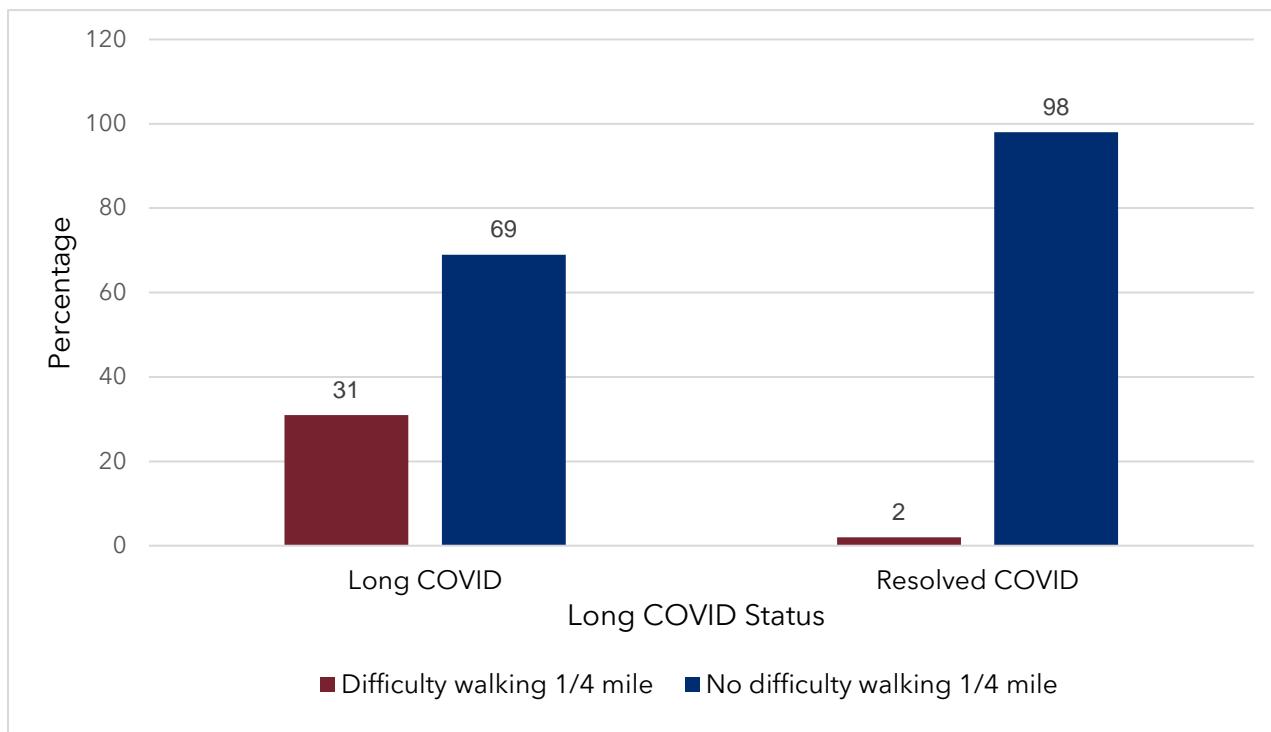
In the above graph, we are looking at the percentage of individuals in our study who have difficulty walking up 10 steps following their first COVID-19 illness. We show individuals with long COVID and resolved COVID so you can see how they compare to each other. All of the individuals included in this graph did not report difficulty walking up 10 steps before their first COVID-19 illness. As you can see, 33% of individuals with long COVID now have difficulty walking up 10 steps, compared to only 3% of individuals with resolved COVID.

Definitions:

Long COVID: Individuals with a history of COVID-19 illness who reported at least one new/continuing symptom 12 weeks after their initial illness.

Resolved COVID: Individuals with a history of COVID-19 illness who did not report experiencing any new/continuing symptoms 12 weeks after their initial illness.

WHAT WE HAVE LEARNED



What does this graph show?

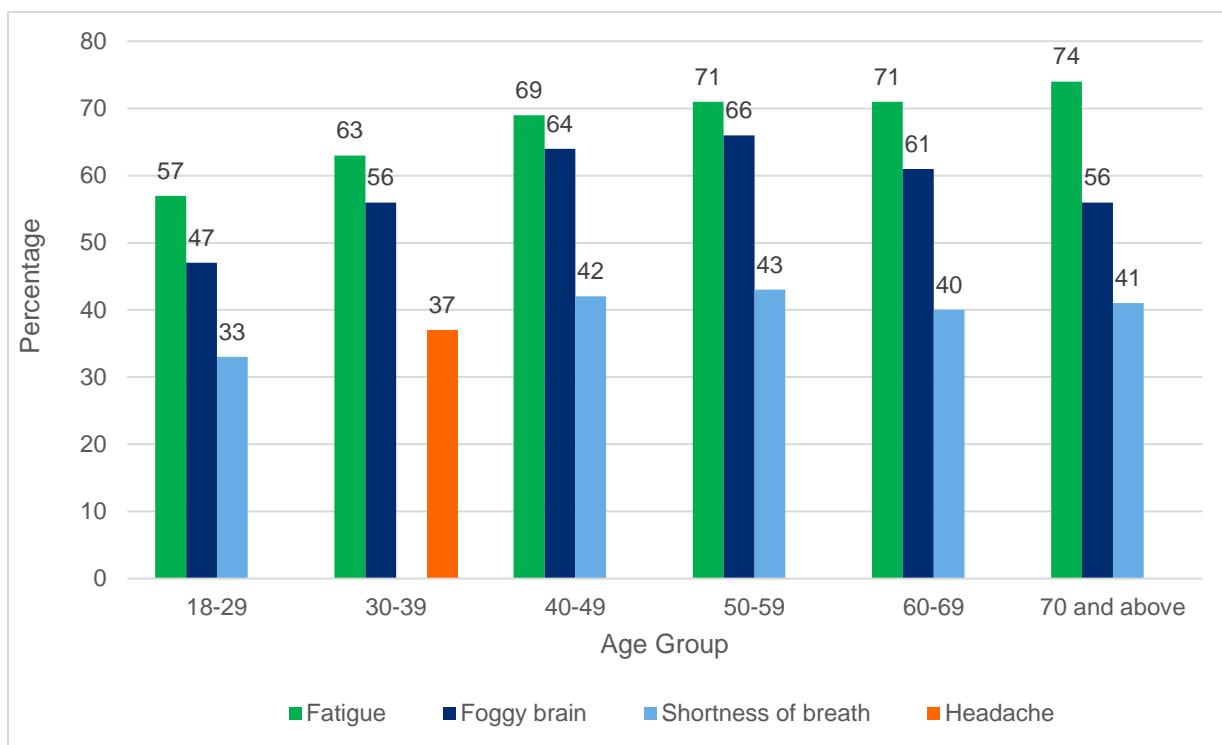
In the above graph, we are looking at the percentage of individuals in our study who have difficulty walking a $\frac{1}{4}$ mile following their first COVID-19 illness. We show individuals with long COVID and resolved COVID so you can see how they compare to each other. All of the individuals included in this graph did not report difficulty walking a $\frac{1}{4}$ mile before their first COVID-19 illness. As you can see, 31% of individuals with long COVID now have difficulty walking a $\frac{1}{4}$ mile, compared to only 2% of individuals with resolved COVID.

Definitions:

Long COVID: Individuals with a history of COVID-19 illness who reported at least one new/continuing symptom 12 weeks after their initial illness.

Resolved COVID: Individuals with a history of COVID-19 illness who did not report experiencing any new/continuing symptoms 12 weeks after their initial illness.

WHAT WE HAVE LEARNED



What does this graph show?

In the above graph, we looked at the top three most commonly reported new or continuing symptoms in each age category in our study. These are new symptoms or continuing symptoms that individuals reported experiencing after the acute phase of their COVID-19 illness. In other words, after they became ill with COVID-19 and recovered, these are the symptoms they newly experienced or continued to experience over time. As you can see, fatigue is the most commonly reported symptom across all age groups, ranging from 57% in the 18-29 age category to 74% in the 70 and above age group. Interestingly, while shortness of breath is the third most commonly reported symptom in most age groups, the third most commonly reported symptom among 30-39 year olds is headache.

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 Johns Hopkins University.*