

Long COVID symptoms in a third of people with COVID-19

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A survey of patients previously diagnosed with COVID-19 found that lingering symptoms seven months after infection were common among otherwise healthy young persons in the outpatient setting. The findings are published in *Annals of Internal Medicine*.

Researchers from the Geneva University Hospitals surveyed 629 persons

who were a part of Geneva's CoviCare program from 18 March to 15 May 2020 using semistructured telephone interviews at enrollment and 30 to 45 days and seven to nine months from diagnosis to characterize long-term symptoms after COVID-19 infection. Of the 410 patients that completed follow-up at seven to nine months after diagnosis, 39.0% reported residual symptoms. These symptoms included fatigue (20.7%), loss of taste or smell (16.8%), shortness of breath (11.7%), and headache (10.0%).

Based on these findings and findings from similar studies, the authors suggest that persons treated on an outpatient basis for mild to moderate COVID-19 should be informed about the potential for [long-term effects](#) and [physicians](#) should continue to monitor them. Physicians should also be aware of other causes of such symptoms as fatigue, cognitive and neurologic symptoms, and [shortness of breath](#) to avoid misinterpretation.

More information: Mayssam Nehme et al, Prevalence of Symptoms More Than Seven Months After Diagnosis of Symptomatic COVID-19 in an Outpatient Setting, *Annals of Internal Medicine* (2021). [DOI: 10.7326/M21-0878](#)

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