

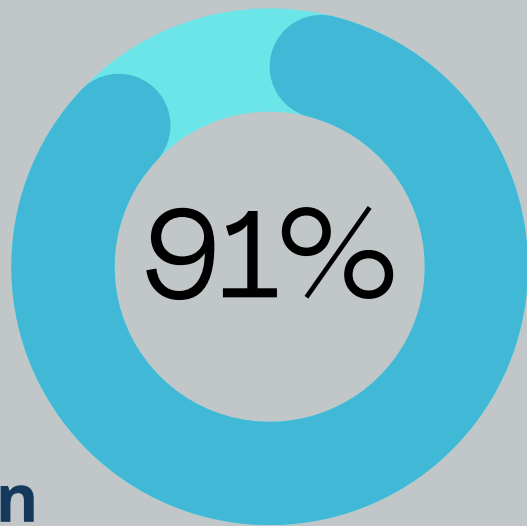
LONG COVID PRELIMINARY REPORT

Data based on 68 initial interviews of participants in Central Virginia from October 2023 - February 2024. Updated data will be available later this year.

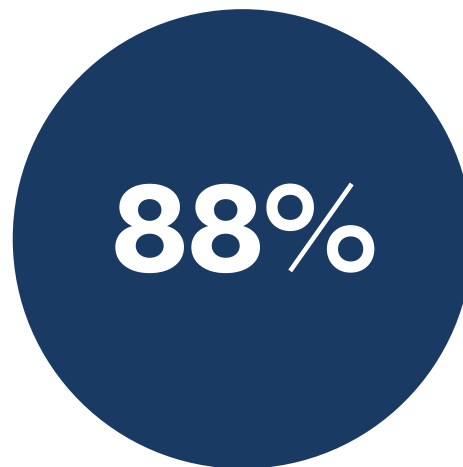
BMI SCORES

- 21% Healthy
- 27% Overweight
- 52% Obese

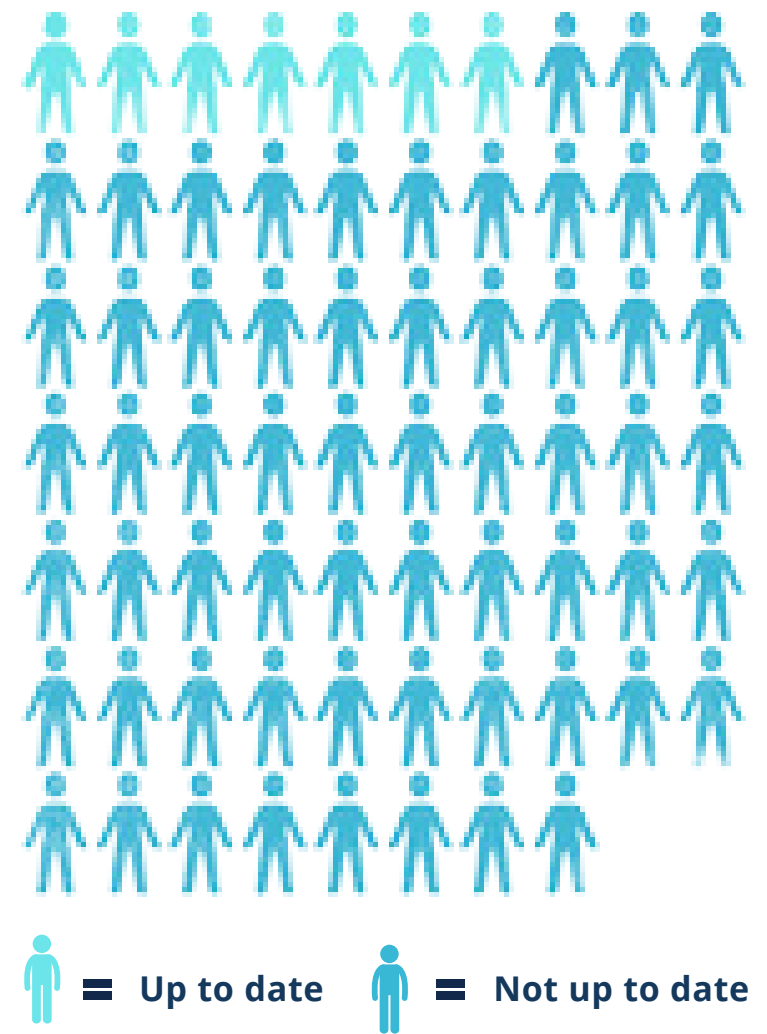
Reported moderate or severe symptoms during initial COVID infection



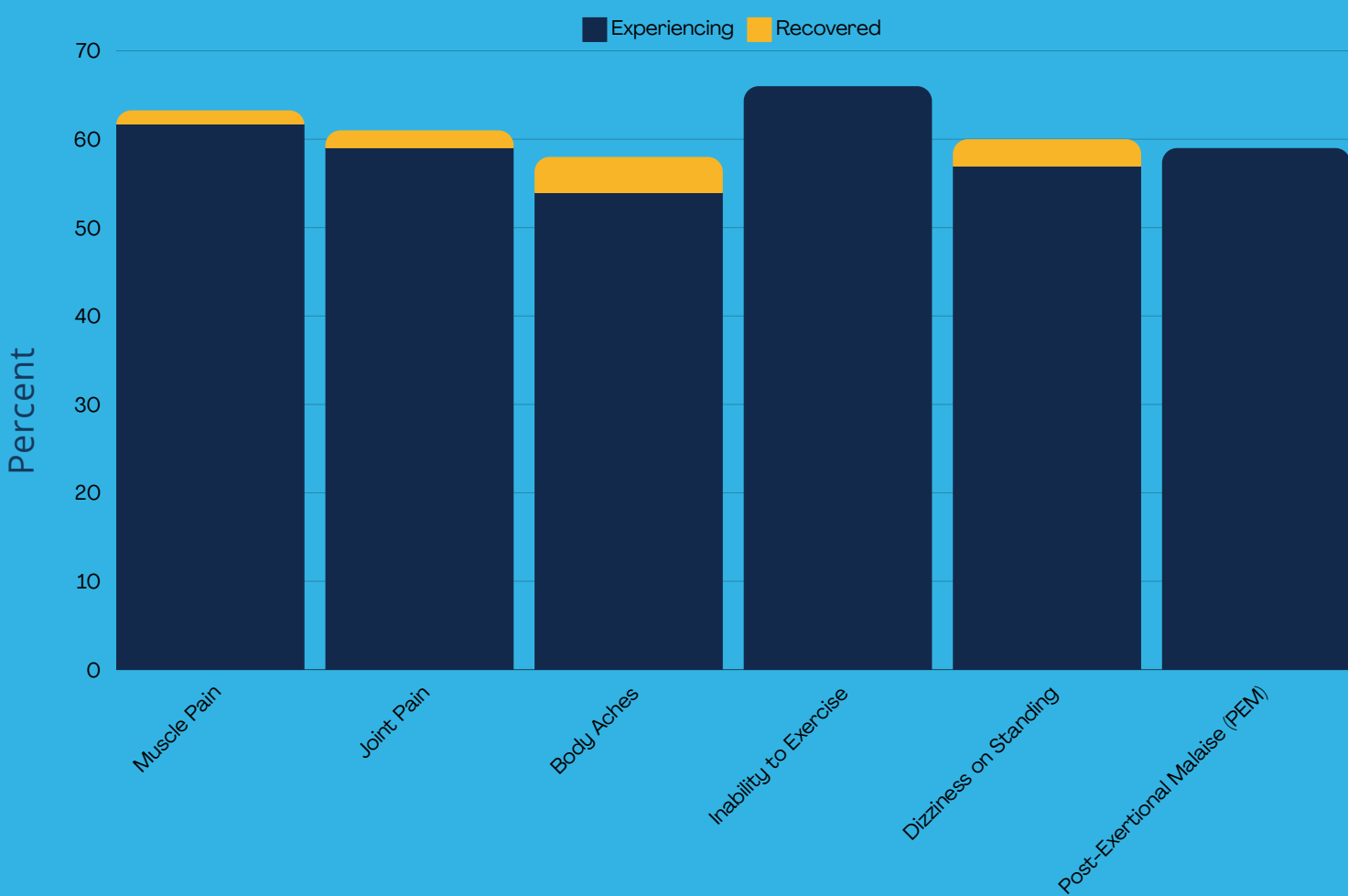
VACCINATION STATUS



Were not up to date on COVID vaccination at the time of Long COVID onset



MOST FREQUENTLY REPORTED SYMPTOMS



MEDICAL CONDITIONS

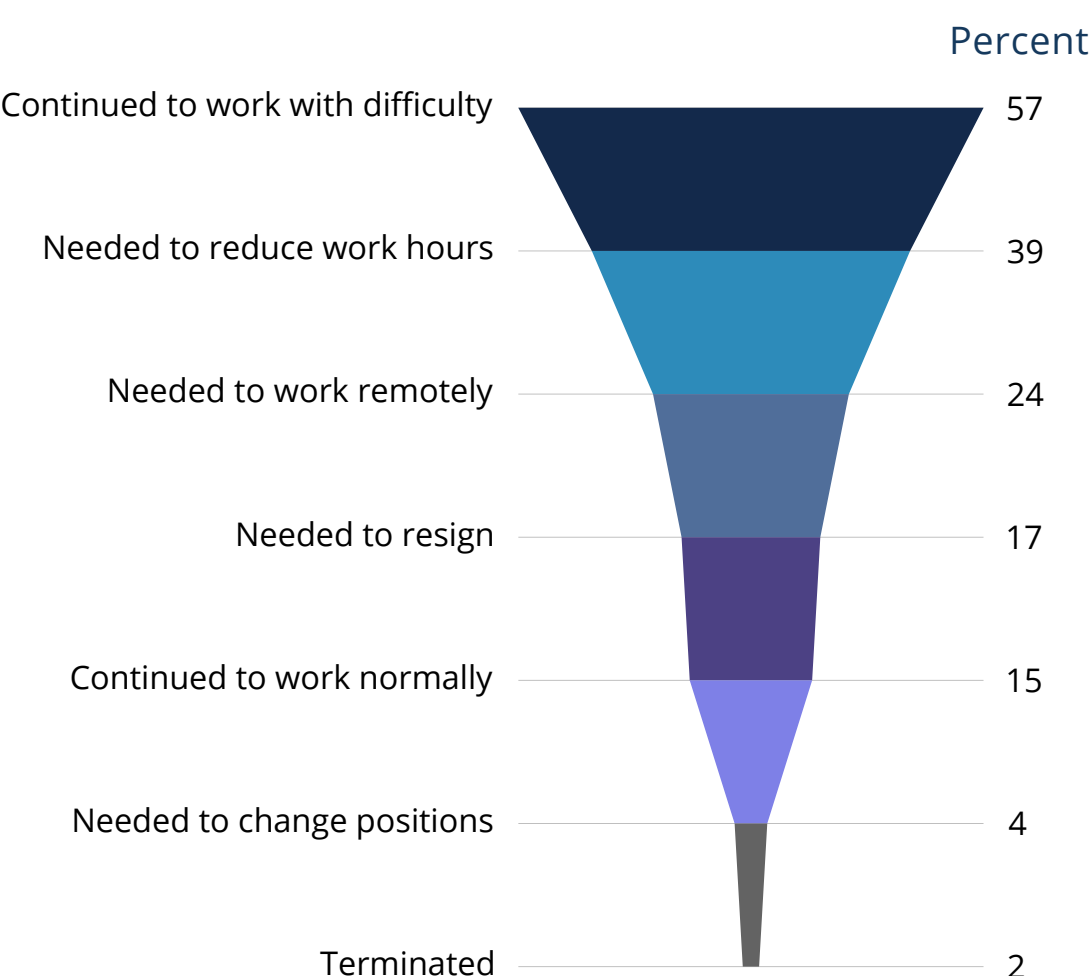
Conditions relating to the heart and cardiovascular system were the most common pre-existing and post-COVID conditions seen among participants



- Pre-existing:** High blood pressure, high cholesterol, and generalized anxiety disorder
- Post-COVID:** High blood pressure, high cholesterol, tachycardia, sleep apnea, generalized anxiety disorder, asthma, and COPD



IMPACT ON WORK



TRIGGERS THAT CAUSE A RELAPSE OR WORSENING OF SYMPTOMS

- 75% Physical activity
 - 63% Stress
 - 54% Mental Activity
 - 44% Heat
 - 41% Other
 - 26% Caffeine
 - 15% Week before period
 - 13% Period/menstruation
 - 6% Alcohol
- *Most frequent 'other': changes in barometric pressure, noisy/crowded environments, certain smells*

To enroll, go to: <https://redcap.link/virginialongcovidstudy>

LONG COVID PRELIMINARY REPORT

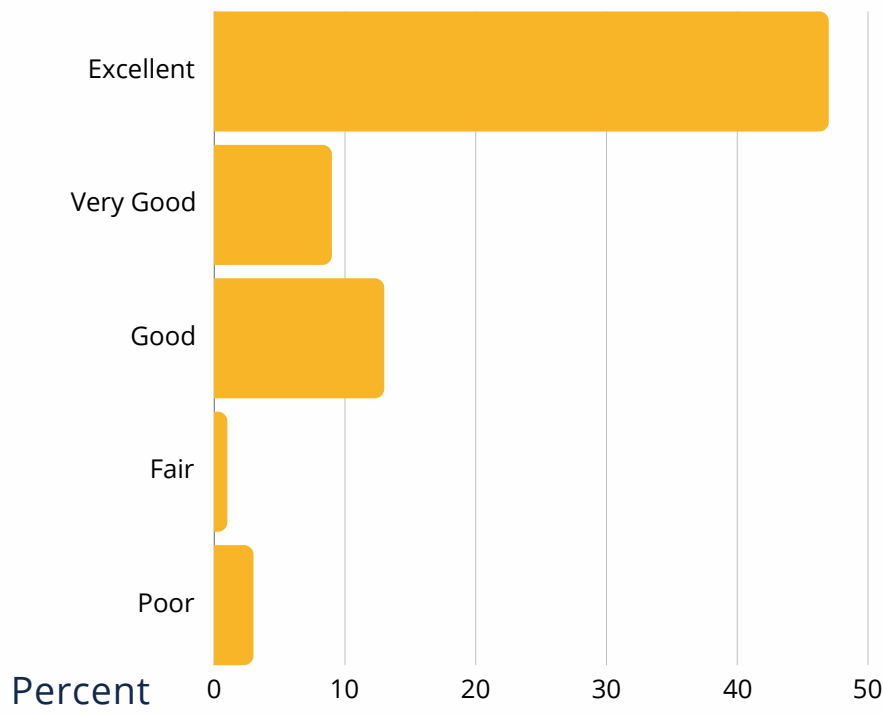
Data based on 68 initial interviews of participants in Central Virginia from October 2023 - February 2024.

SOCIAL SUPPORT

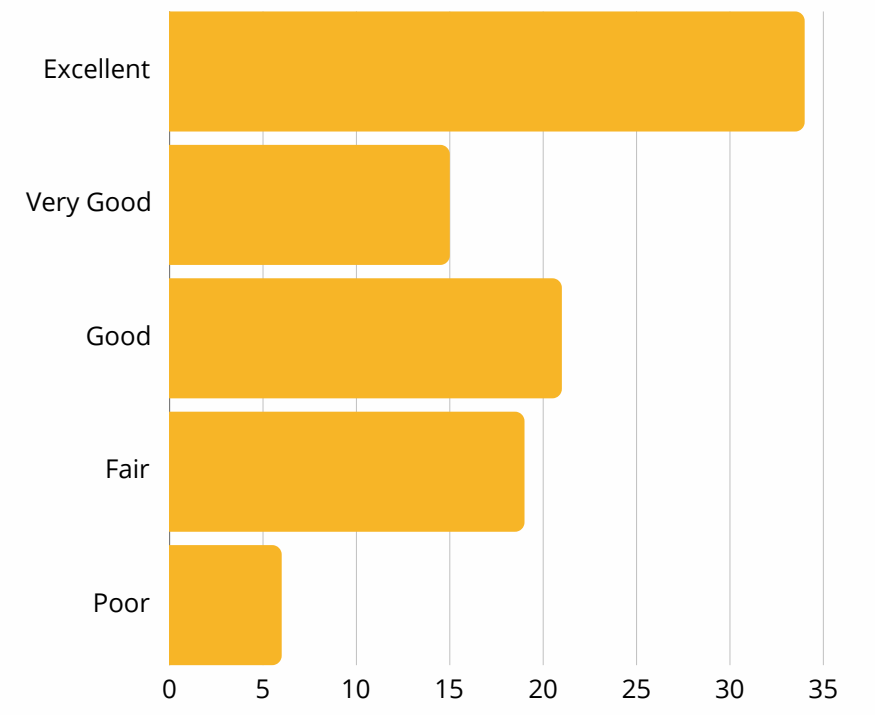
Level of support received by social category as reported by study participants

*Note the difference in scales between categories due to a lack of adjustability in the document designer

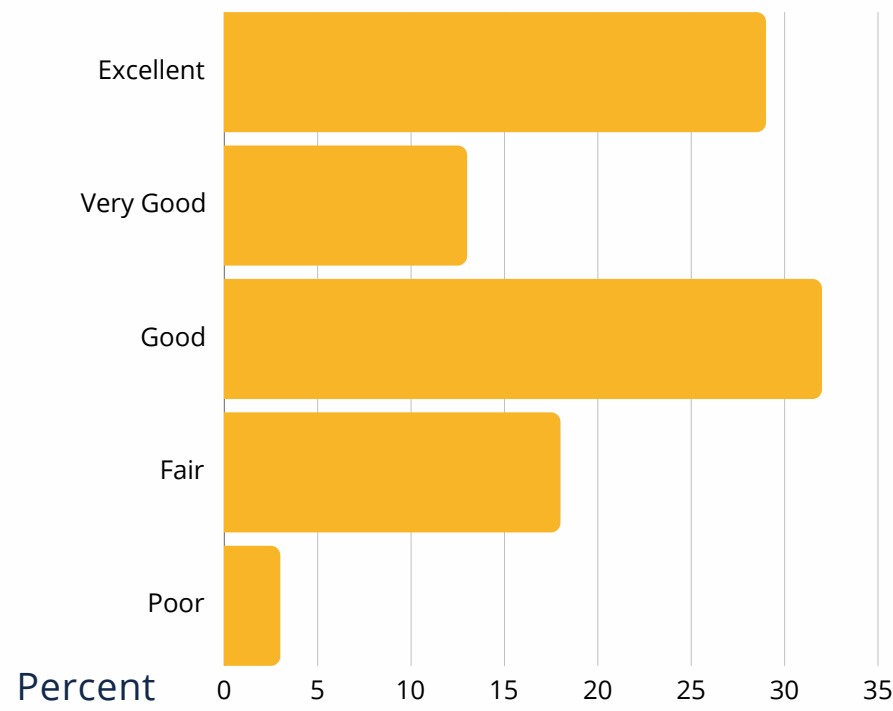
SPOUSE/PARTNER



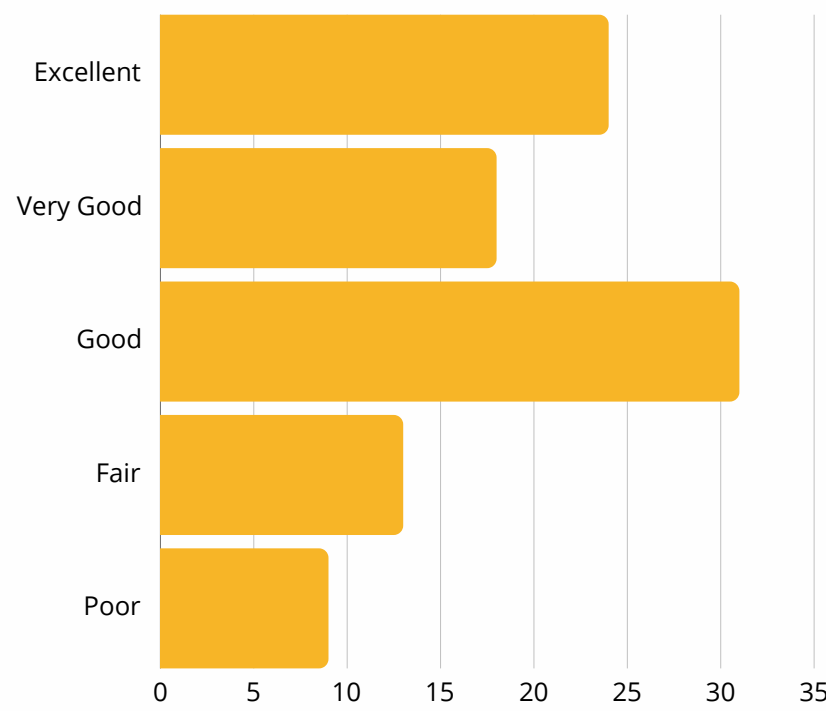
FAMILY



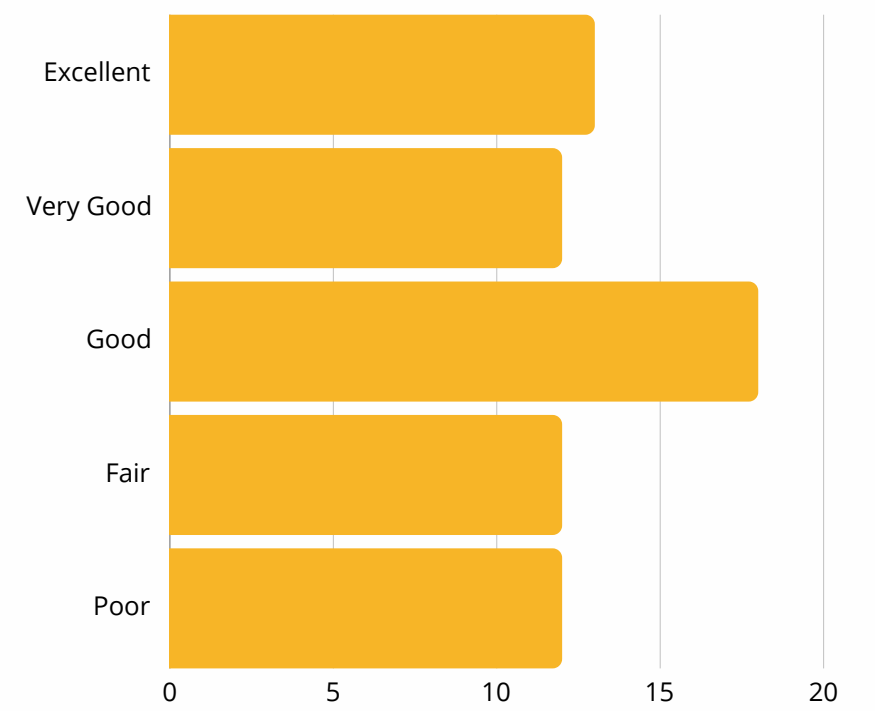
FRIENDS



HEALTHCARE PROVIDER



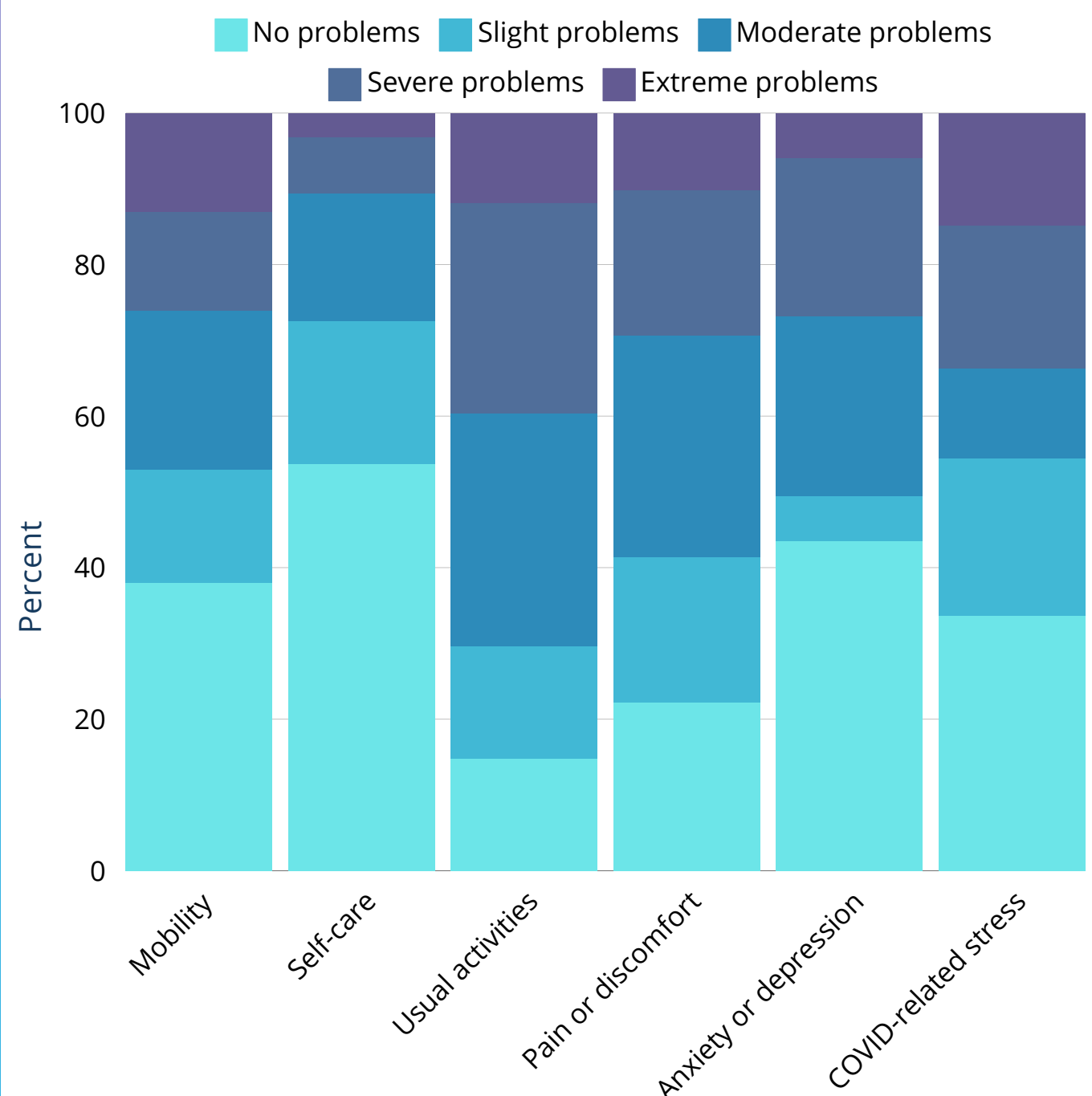
EMPLOYER



TREATMENT EFFECTIVENESS

Of the treatments that participants reported trying, medications, faith-based support, and respiratory therapy or assistance were reported as being the most helpful.

IMPACT ON DAILY LIVING



THINK YOU MAY HAVE LONG COVID?

Scan the QR code or type the link below into your browser to join us!



To enroll, go to: <https://redcap.link/virginalongcovidstudy>