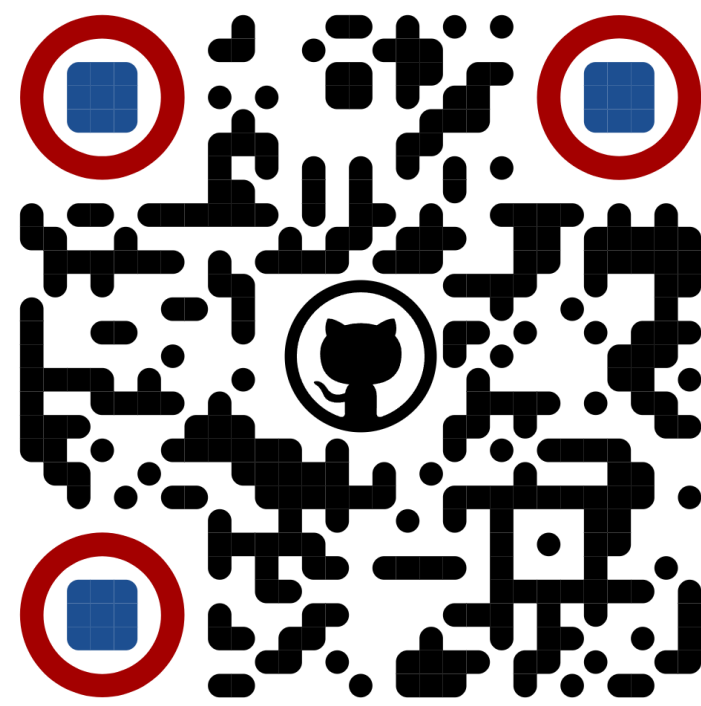
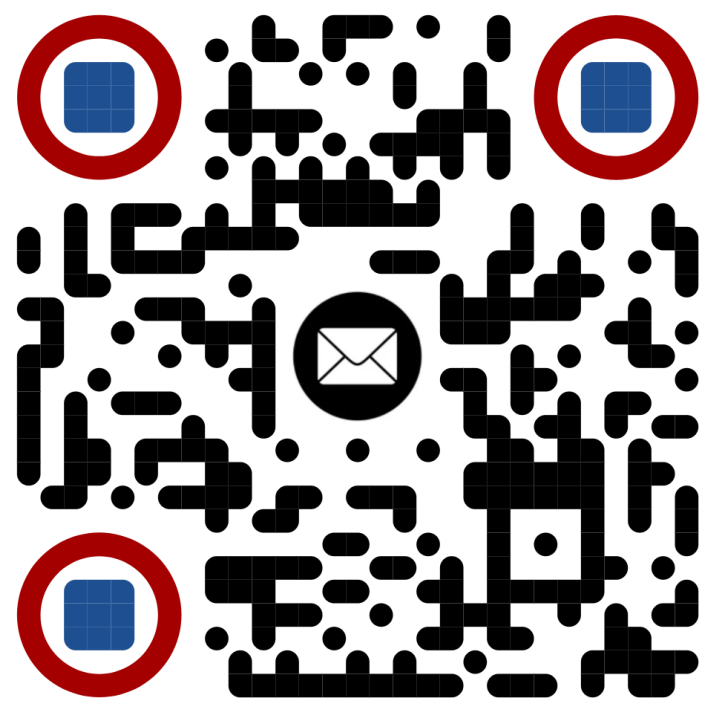


Burden of Long COVID Resulting from Mild COVID-19

Email Me

Get My Code



Samuel Packard, MPH | sp4032@cumc.columbia.edu

Methods

- Household Pulse Survey Phase 3.8 - 4.0
- 688,872 Responses from 3/29/2023 – 4/01/2024
- All respondents who reported confirmed COVID-19 one month or more prior to the survey were included
- Prevalence estimates and confidence intervals were produced using person-level survey weights
- All analyses in R using survey() package

Definitions

COVID-19: “Have you ever tested (using a rapid point-of-care test, self-test, or laboratory test) positive for COVID-19 or been told by a doctor or other health care provider that you have or had COVID-19?” (Yes/No)

COVID-19 severity: “How would you describe your coronavirus symptoms when they were at their worst?” (None/Mild/Moderate/Severe)

Ever Long COVID: “Did you have any symptoms lasting 3 months or longer that you did not have prior to having coronavirus or COVID-19? Long term symptoms may include: tiredness or fatigue, difficulty thinking, or concentrating, forgetfulness, or memory problems (sometimes referred to as "brain fog"), difficulty breathing or shortness of breath, joint or muscle pain, fast-beating or pounding heart (also known as heart palpitations), chest pain, dizziness on standing, changes to your menstrual cycle, changes to taste/smell, or inability to exercise.” (Yes/No)

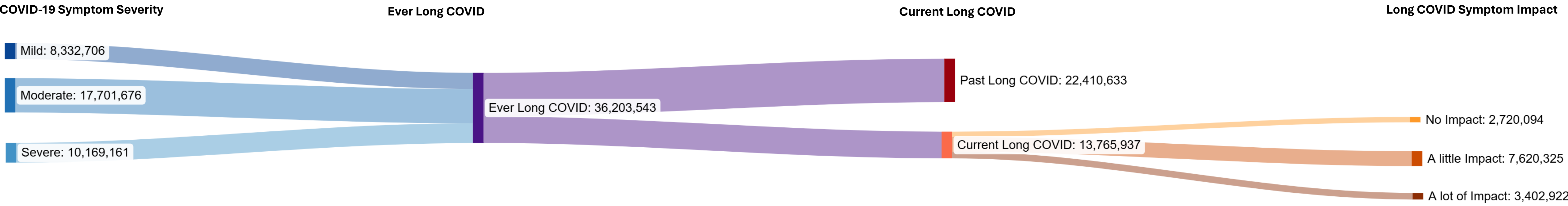
Current Long COVID: “Do you have symptoms now?” (Yes/No)

Symptom Impact: “Do these long-term symptoms reduce your ability to carry out day-to-day activities compared with the time before you had COVID-19?” (Not at all / Yes, a little / Yes, a lot)

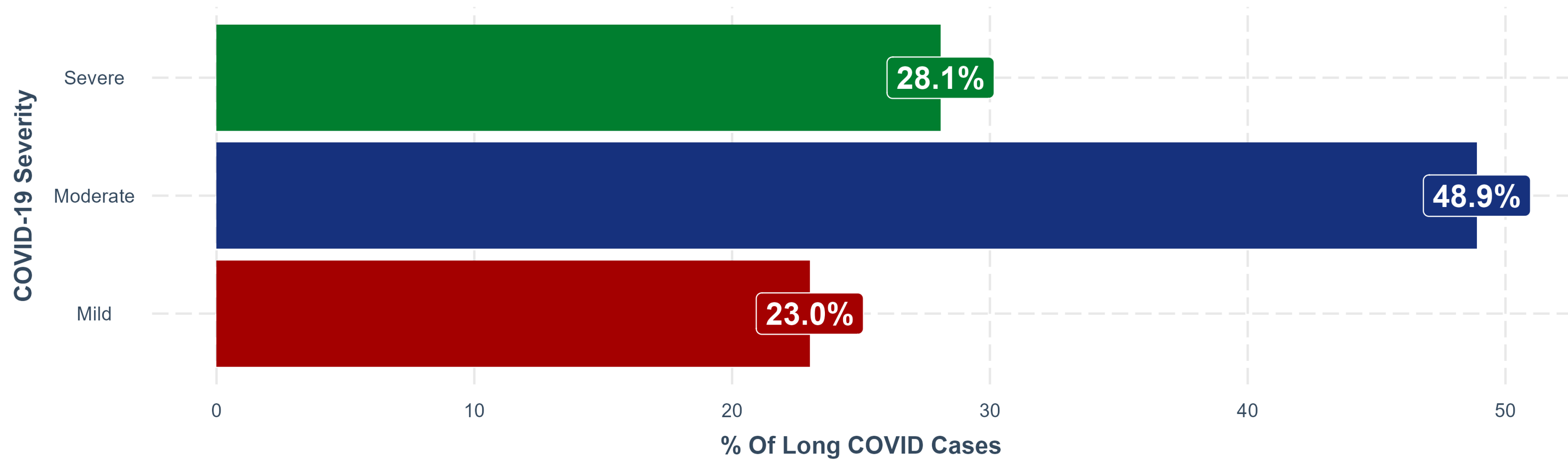
Limitations

- Only confirmed cases of COVID-19 were included, excluding those with limited access to testing resulting in an **underestimate** of burden from mild cases
- Respondents may have included both acute and long-term symptoms in their report of severity. This would result in an **underestimate** of burden from mild cases

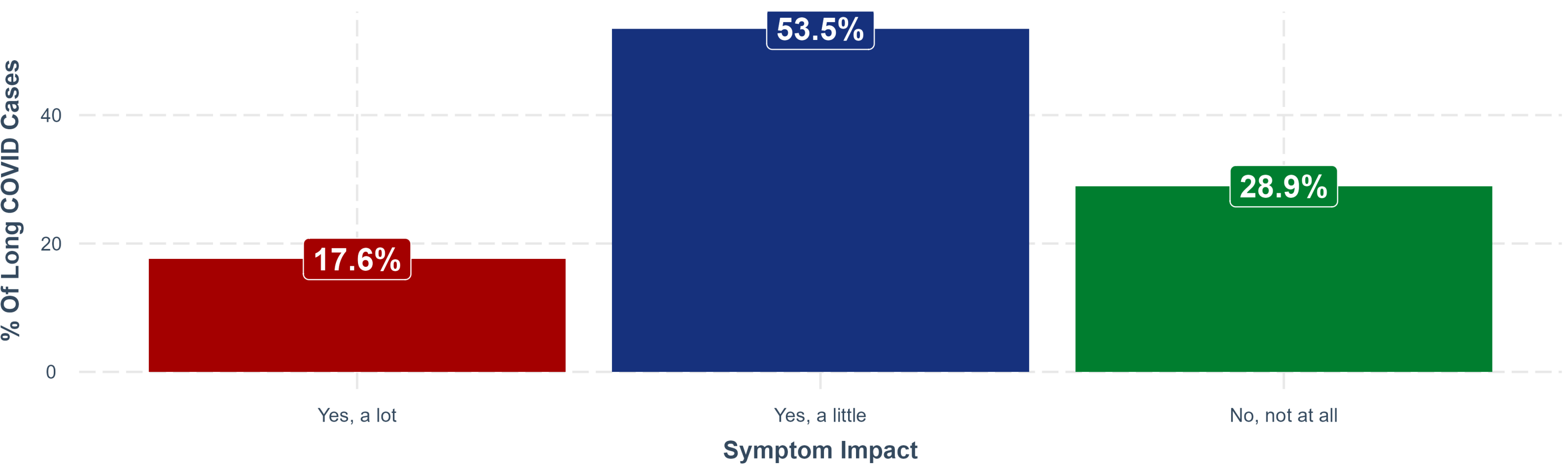
36 million US Adults (17%) with prior COVID-19 had symptoms > 3 months
Of these, 8 million (23%) reported mild or no acute symptoms



Mild COVID-19 infections accounted for nearly 1 in 4 reported Long COVID cases



Most people with Long COVID from mild COVID-19 reported activity limitations



State-level estimates were similar to the national average

