

# Your health can unlock new answers **about Long COVID**

Continue into the next phase of RECOVER to help guide the future of Long COVID research and care.

With your help, we uncovered key information about Long COVID in the first phase of the RECOVER adult study.

Together, we learned about the symptoms people may experience and what affects their risk of developing Long COVID. The next phase builds on these findings.

By staying in the study, you'll help lead researchers to new discoveries that benefit people affected by Long COVID everywhere. To show our appreciation for your participation, you will also be paid for your time.



Scan the QR code to learn about staying in the RECOVER study



**RECOVER**

Researching COVID to Enhance Recovery

An Initiative Funded by the National Institutes of Health

# Your experiences help us understand Long COVID in adults

Your experiences help us understand how Long COVID affects people over time. Stories like yours will guide doctors and researchers toward better care for you, your loved ones, and your community.

**By continuing in the study, you can help researchers make new discoveries about:**

- How Long COVID affects the brain (thinking and memory), heart, and lungs
- How it may impact other long-term health problems, like:
  - Myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) – extreme tiredness and brain fog after doing everyday activities
  - Autonomic dysfunction – when automatic bodily functions, like heartbeat or digestion, don't work properly
- What makes symptoms get better, stay the same, or get worse
- Whether Long COVID can increase the risk of other chronic illnesses, such as dementia, heart disease, diabetes, autoimmune disease, or cancer

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Learn more about the next phase of the RECOVER adult study at [recoverCOVID.info/adult-nextphase](https://recoverCOVID.info/adult-nextphase)