

A summary of the RECOVER study to learn about the long-term health effects of COVID in adults and pregnant people

What is RECOVER?

RECOVER is a research project that aims to learn about the long-term health effects of COVID.

Why are we doing this study?

We are doing this study to learn why some people who get COVID feel sick for a long time and others don't feel sick or feel better quickly. When someone is sick many months after getting COVID, it's called "Long COVID." **There are over 200 symptoms of Long COVID.** Some symptoms of Long COVID may include:

- Feeling short of breath
- Feeling very tired
- Brain fog (feeling like you can't think clearly)
- Coughing

We designed this study to answer questions like:

- **How many** people are getting Long COVID?
- **Why** do some people get Long COVID and others do not?
- What **symptoms** do people feel when they get Long COVID?
- **How long** do people feel sick when they get Long COVID?
- What **causes** Long COVID to happen?

We hope this study will help us find better ways to prevent and treat Long COVID in the future.

What kind of study is this?

This study is a **multi-site, observational** study:

- **Multi-site** means that the same study plan will be used at many different places across the country, called study sites. The study sites are usually hospitals, medical schools, and doctor's offices. Some study locations also offer mobile sites to meet participants in their communities.
- **Observational study** means that researchers simply collect information (called data) from participants. **Participants will not get medicine or treatment for Long COVID in this study.**

We will compare information from 2 groups of participants:

- Participants who **had COVID**: People who have had COVID have had a positive test showing they had an infection with the virus that causes COVID, or had symptoms that make us think they had COVID
- Participants who **never had COVID**: People who never had COVID have never had a positive test for COVID and never had any symptoms that make us think they had COVID

How long will the study last?

Depending on when you join, you could be in the study for up to 4 years, with in-person visits at least 1 time during each year you're in the study.

Who can be in this study?

Up to 14,880 adults who are 18 years of age and older can join. This includes people who have and haven't had COVID from many races, ethnicities, and backgrounds:

What should someone know before joining this study?

Joining a research study is voluntary. That means that each person can choose if they want to be in this study or not. Even if you join the study, you can choose which tests you want to do.

If a person decides to join:

- 1 Study staff will tell them more about the study – this is called informed consent. They'll get an **informed consent** form with more details about the study, such as what participants are asked to do, the possible benefits (good things) and possible risks (or discomforts) of taking part.
- 2 They'll sign the consent form to agree to join.

Participants can stop being in the study at any time. Participants will be paid for their time to do surveys and tests. The study will pay for all the study tests.

What will participants be asked to do during the study?

Participants may be asked to visit the study site 2–3 times each year for up to 4 years. Participants will be asked to:

- Answer questions
- Have tests of blood, saliva (spit), stool (poop), or urine (pee)
- Have simple check-ups or exams

Some people will be asked to do more tests, for example:

- More types of blood tests
- Imaging tests, such as CT scans, ultrasounds, and MRIs of parts of the body
- Exercise tests
- Biopsies (taking samples) from parts of the body

Participants can skip any question or test they don't want to do.

How will researchers protect participants' personal information?

Researchers will do their best to protect participants' personal information (such as their name and birthdate) by keeping study samples and test results separate from any personal information.

Learn more at: RECOVERcovid.info