

Fall 2026

RECOVER Newsletter

**Thank you for being a part of the RECOVER study!
We are so grateful to our participants for helping us
learn more about Long COVID.**

This newsletter has been created to share the latest updates from the RECOVER study with you.



RESEARCHER SPOTLIGHT

Dr. Leora Horwitz, Adult Cohort Principal Investigator (PI), on Why Continued Long COVID Research Matters

In March 2020, New York City saw more cases of COVID-19 than anywhere else in the US. For doctors like Leora Horwitz, lead PI of the RECOVER adult study, caring for people with a new disease was scary and challenging. As her patients left the hospital, she wondered, what happens in the years after someone gets COVID-19? For millions of people living with Long COVID, the answer matters every day.

Dr. Horwitz quickly got to work on finding answers. By August 2020, she had published a six-month follow-up study of about 150 patients, and it was clear that many of them had not gotten better. Through RECOVER, she's now able to follow participants in one of the longest studies about Long COVID to see how the disease changes over time.

"We don't yet know how Long COVID may change, whether it improves, stays the same, or follows a pattern of improvement and worsening," Dr. Horwitz says. "That's why the next phase of RECOVER is so important."

In this next phase, RECOVER will continue tracking adults' health, including memory and thinking, heart and lung function, daily activities, and quality of life. Researchers will also study blood and other samples to better understand what happens inside the body over time.

Participants are helping answer questions only time can reveal. By staying involved, they give doctors a clearer picture of how to recognize and develop better treatments for Long COVID.

Learn more about the second phase of the RECOVER adult study:
recoverCOVID.info/adult-nextphase



Leora Horwitz, MD, MHS

Ann Wallace, RECOVER Representative, on Caring for Long COVID: A Mother's Role as a Caregiver and Advocate

For RECOVER Representative Ann Wallace, PhD, life with Long COVID has two parts: providing care to her loved ones and caring for herself.

Before getting COVID-19 in March 2020, Ann worked, exercised, and volunteered. When she got sick, she could barely walk or speak. On her 50th birthday, she went to the emergency room because she was having trouble breathing. At the same time, Ann's 16-year-old daughter Molly was also sick with COVID-19. It was very hard for Ann to see both Molly and, a few years later, her youngest daughter Connie develop Long COVID. "I was watching her health decline," Ann says, remembering how worried she was as Connie's Long COVID kept getting worse.



Ann and her daughters Connie (left) and Molly (right)

As a caregiver, Ann had to speak up for her daughters. She helped their school understand what they could and could not do, found a doctor who understood Long COVID, and used RECOVER resources, like Long COVID fact sheets, to explain what her daughters were going through. Now as a RECOVER Representative, Ann uses her lived experience to give feedback on study designs, review participant materials, write research papers, and share study progress with her community.

Ann says that being a caregiver while being sick is extremely hard. Her advice: take care of yourself, too. "You have to take care of your own health or you will not be able to advocate for them." In Ann's family, caregiving has gone both ways. When Ann was at her sickest in 2020, her daughters helped care for her. Later, as her daughters got sicker with Long COVID, Ann became the one fighting for answers, support, and care.

November is National Family Caregivers Month, a time to recognize Long COVID caregivers like Ann. Her family's story shows that caregivers do more than help with daily needs. They also speak up for their families, find support, and guide them through care.

Ann's experience with Long COVID has shaped her work as a poet. Read her poems here:
recoverCOVID.info/Wallace-Poems

Learn more about RECOVER Representatives:
recoverCOVID.info/Reps



UNDERSTANDING THE RESEARCH

Study Findings: How Long COVID Symptoms Change Over Time in Adults in the RECOVER Study

This RECOVER study wanted to find out how Long COVID symptoms change over 15 months. To do this, researchers studied 3,659 adults who had COVID-19 before joining the RECOVER study or while they were enrolled. Researchers found that Long COVID does not look the same in everyone. Instead, people's Long COVID symptoms usually fell into 1 of 8 different patterns over time. While most people felt better after COVID-19, about 5 in 100 participants had symptoms of Long COVID that lasted throughout the entire study. About 12 in 100 participants who had COVID-19 in the past had symptoms that came and went. Other participants did not have Long COVID symptoms early on but started having health problems many months after having COVID-19. These findings show that doctors should continue monitoring patients for a long time after they have COVID-19 because symptoms can stay, come and go, or start several months after getting sick. Understanding these patterns will help researchers find better ways to prevent and treat Long COVID for different groups of people.

Read this paper:

recoverCOVID.info/adult-trajectories

View the RECOVER Research Review (R3) seminar on this research:

recoverCOVID.info/R3-adult-traject

Talking to Your Doctor About Long COVID

For adults seeking care for Long COVID but do not know where to start, RECOVER's new adult Long COVID tip sheet can help you prepare to talk to your doctor about Long COVID. The sheet explains what Long COVID can look like in adults and how to discuss symptoms, health history, and care with your doctor.

Read about the steps you can take:

recoverCOVID.info/Adult-LC-drPrep



WHAT'S NEXT IN THE RECOVER PEDIATRIC STUDY

In the first phase of the RECOVER pediatric study, children, teenagers, young adults, and caregivers completed more than 90,000 tests, over 20,000 surveys, and nearly 9,000 study visits. Their efforts helped researchers understand what Long COVID looks like in children of all ages and young adults.

In the next phase, RECOVER will follow pediatric participants for up to 2 more years. This will help researchers learn about how Long COVID may change as young people grow.

Learn more about the next phase of the pediatric study:

recoverCOVID.info/peds2-update



Share Your Thoughts!



recoverCOVID.info/NewsletterFeedback

We want to learn more about you! Fill out this short contact form to tell us about yourself and what you think about this newsletter.



YOUR DATA MATTERS

Your privacy is important to us. We will continue to follow all laws to protect your personal information, including the Health Insurance Portability and Accountability Act (HIPAA), which is a federal law that requires researchers and healthcare providers to follow specific privacy rules when handling patients' information.