RECOVER
Researching COVID to Enhance Recovery

An Initiative Funded by the National Institutes of Health

Fall 2025

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.

VOICES OF RECOVER

Candace and Jake

Pediatric Cohort Participant Family in Connecticut

Candace and Jake

Candace and her son Jake are part of the RECOVER pediatric study. Their family of 4 loves to bike and visit relatives in Tennessee, where they go white water rafting. Jake, a 16-year-old honor student with a twin brother, got COVID-19 at summer camp in 2022. Everyone in his cabin caught it, but only Jake stayed very sick. "We went to the emergency room several times because he was so sick," Candace said. "It just seemed like he would never be better."

Even after the worst of his symptoms passed, Jake still wasn't himself after many months. "He got tired easily, was out of breath, and couldn't walk long distances," Candace shared. It took almost 8 months for him to feel better, but he still gets sick often and has constant sniffles. To support his health, the family made changes like skipping summer camp. They also found support through Jake's doctor, who referred the family to the RECOVER study.

Candace and Jake joined RECOVER in hopes of improving researchers' understanding of how Long COVID affects children differently. "If there's another pandemic, this research might help leaders make better decisions to protect kids' health." For Candace and Jake, being part of RECOVER gives their experience purpose.

This summer marked an important chapter for Jake. He worked his first job as a lifeguard and helped young kids learn to swim. He's also preparing to get his driving permit and is excited to be on the road. For his family, reaching these goals are hopeful steps toward his recovery.

If your child is experiencing Long COVID symptoms, visit the For Participants page to explore Long COVID support resources: recoverCOVID.info/Support

RESEARCHER SPOTLIGHT

Dr. Juan Wisnivesky, RECOVER Principal Investigator (PI), Shares His Thoughts on How Test Results and Personal Stories Can Tell Us About Long COVID

When some people didn't feel better after having COVID-19, doctors and scientists wanted to know why. Dr. Juan Wisnivesky, a lead researcher in the adult cohort at Mount Sinai in New York City, joined RECOVER to help find answers. His team is focused on how Long COVID affects adults over time.

Dr. Wisnivesky is a doctor, teacher, and runner. He grew up in Argentina and has lived in New York City since 1993. Today, he is a professor of medicine and Chief of General Internal Medicine at Mount Sinai. He has spent a lot of his career studying lung health and working to make sure everyone has a fair chance to get the care they need. His team also opened a Long COVID clinic in East Harlem to make healthcare easier to reach for more people in the area.

This work helps him connect more with people experiencing Long COVID. Many people with Long COVID feel short of breath, very tired, or have chest pain months after their first case of COVID-19. Dr. Wisnivesky explains that these ongoing problems could be linked to other parts of the body, like the immune system or tiny blood vessels in the lungs. Researchers study how these parts interact with each other and respond during and after infection. They hope that this information will allow them to find better ways to treat Long COVID and other long-term illnesses caused by viruses. One thing Dr. Wisnivesky values most about RECOVER is the wide range of useful information the study collects. Researchers review test results, scans, lab work, and people's own words about

"Every piece of data, every experience shared, helps us see the bigger picture."

how they feel. Because Long COVID doesn't look the same in everyone, and there's no single test to diagnose it, having this information is important. He says developing tools that allow doctors to better identify and understand Long COVID is an important step forward. "Every piece of data, every experience shared, helps us see the bigger picture," he says. "That's how we'll get closer to answers and better care for people with Long COVID."

UNDERSTANDING THE RESEARCH

The following is a summary of a research paper that discusses the different Long COVID symptoms found in infants, toddlers, and pre-school age children.

Characterizing Long COVID During Early Childhood

This paper builds on an earlier RECOVER study that looked at Long COVID symptoms in school-age children (ages 6 to 11 years old) and teenagers (ages 12 to 17 years old). In this study, RECOVER researchers focused on 2 younger age groups that they did not study before: infants and toddlers (ages 0 to 2 years old) and preschool-age children (ages 3 to 5 years old). The study compared symptoms in children who had COVID-19 in the past with those who never had it. Researchers created new tools to help figure out which young children were most likely to have Long COVID based on their age group and symptom patterns. The symptoms that were most likely to be signs of Long COVID in infants and toddlers were poor appetite for a long period of time, trouble sleeping, coughing, and stuffy nose. For preschool-age children, the most likely signs were daytime tiredness, sleepiness or low energy, and coughing.

Children with these symptoms often had worse overall health, lower quality of life, and delays in development. The tools from this study can be used in future studies to better understand Long COVID in young children and develop ways to care for them. This study is important because it shows that Long COVID symptoms in young children are different from those in older children and adults.

Read this paper:
recoverCOVID.info/LCChildhood

Still have questions? Check out our easy-to-read Q&A:
recoverCOVID.info/QA

Compare this study with the one on Long COVID in older kids and teens:
recoverCOVID.info/LCKidsTeens

INTRODUCING LONG-TERM FOLLOW-UP IN THE RECOVER ADULT STUDY

Thank you to our adult participants for your time and effort in the first part of the RECOVER study. Your contributions are helping researchers take the next steps in understanding, diagnosing, preventing, and treating Long COVID. While the first phase of the adult study will end on October 31, 2025, some participants may be invited to join a smaller follow-up phase of RECOVER next year. This next phase will help researchers continue learning about how Long COVID affects adults over time as part of RECOVER's ongoing commitment to understanding Long COVID. After October 31, adult participants can stay updated by visiting the Stay Informed page, or they may hear from their study team in 2026.

Read study updates and Participant Newsletters even after your participation ends:
recoverCOVID.info/Stay-Informed

SHARING THE SCIENCE

RECOVER-Treating Long COVID

RECOVER is working on many types of research, including observational studies, clinical trials, and the RECOVER-Treating Long COVID (TLC) program. With support from the National Institute of Allergy and Infectious Diseases (NIAID), RECOVER-TLC is building on what we've learned from research and patient communities to develop and launch new clinical trials for Long COVID. The new trials will be in addition to 8 RECOVER clinical trials in progress. These studies are testing treatments for symptoms that affect the brain, the functions the body does automatically, and people's ability to do daily activities.

Read about RECOVER's new approach to Long COVID clinical trials: recoverCOVID.info/TLC

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.

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.