



Spring 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. Sindhu Mohandas, Pediatric Cohort Principal Investigator (PI), on How Research Supports Children with Long COVID



Dr. Sindhu Mohandas

Dr. Sindhu Mohandas knows how unpredictable COVID-19 can be in children. As a RECOVER pediatric cohort PI, Infectious Disease Specialist, and Associate Division Chief of Infectious Diseases at Children's Hospital Los Angeles (CHLA), she studies why some kids get better faster from infections while others continue to have health problems.

At CHLA's Long COVID Recovery Care Clinic, a team of doctors sees children who developed long-term symptoms after getting COVID-19. They also connect their families with specialists. "Our mission is to give patients and families a place to be heard and have their symptoms and diagnoses taken seriously," Dr. Mohandas explains. Each appointment is a chance to listen, answer questions, and help families feel supported. "Seeing families feel understood and children start to recover reminds me why this work matters," she says.

Dr. Mohandas recognizes the progress in Long COVID care and research that has happened since the start of the COVID-19 pandemic. What scientists have learned so far has sped up vaccines and research that can help prevent and treat conditions like multisystem inflammatory syndrome in children (MIS-C) and Long COVID. MIS-C can happen after a child gets COVID-19. Learning what is the same and what is different between MIS-C and Long COVID helps scientists develop better treatments and give families clearer answers.

Through Dr. Mohandas's Long COVID clinic and RECOVER research, science and compassion come together to help make a difference in children's lives.

Emma, a Young Adult Participant in the Pediatric Cohort, on the Importance of Long COVID Advocacy

For seven years, Emma, a 21-year-old RECOVER pediatric cohort participant, spent her days training for half marathons, an activity she always looked forward to. But one day, she woke up unable to get out of bed or walk. This happened after getting sick with COVID-19 in 2020. Instead of training for the next race, her focus shifted to managing new health challenges.

After getting COVID-19, Emma started having problems like stomach pain, rashes all over her body, and weight loss. She saw many doctors and even had her gallbladder removed, but nobody could figure out what was causing her symptoms. Out of the many doctors Emma met, only one mentioned that her symptoms might be due to Long COVID.



Emma

Two years later, Emma joined the RECOVER study. During a brain magnetic resonance imaging (MRI) test, which takes detailed pictures of the brain, doctors found a lesion (a spot where the tissue looks damaged or not normal) that had been there since before Emma joined RECOVER. Her doctors outside of RECOVER had not noticed it. They don't know what caused the lesion, but finding it gave Emma some answers about her symptoms. "To get an answer about something that has been affecting me for so long was like closure," she says. Her story shows why doctors need to look at all parts of a patient's health to understand complex conditions like Long COVID.

Now in her final semester of college, Emma has turned her experience into action by helping others learn about Long COVID. By sharing her Long COVID journey with college professors and advisors, they have become aware of how health challenges can affect students. Still, she wishes more young people understood Long COVID. "I know a lot of people at school who are facing health challenges. I wish they knew more about Long COVID," she says. Emma hopes that Long COVID research will not only improve treatments but also help people her age know about Long COVID so that they can get the care they need.



UNDERSTANDING THE RESEARCH

Study Findings: Long COVID Risk for Vaccinated Teenagers

This RECOVER study looked at whether the COVID-19 vaccine could help protect teenagers ages 12–17 from developing Long COVID. Researchers studied 1,231 teenagers enrolled in RECOVER who had confirmed COVID-19. Some were vaccinated before they got COVID-19 (724 teenagers), and some were not (507 teenagers). Researchers made sure the two groups were similar in terms of sex, date when they got COVID-19, and when they joined the study to make comparisons fair. They found that teenagers who were vaccinated in the six months before getting COVID-19 for the first time were about one-third less likely to get Long COVID. This study is important because it shows that COVID-19 vaccines not only prevent getting COVID-19, but can also protect against developing Long COVID in young people.

Read this paper:
recoverCOVID.info/PreventVax-Adoles

Discover RECOVER Video Series: Smell Loss in Adults After COVID-19

RECOVER's video series, Discover RECOVER, has a new video on smell loss in adults after getting COVID-19. In the study featured in this video, researchers used the University of Pennsylvania Smell Identification Test (UPSIT, which checks if people can smell certain odors) to better understand changes in smell after COVID-19.

Watch the video:
recoverCOVID.info/UPSIT-Vid

Read the paper that the video is about:
recoverCOVID.info/UPSIT-Paper

SHARING THE SCIENCE

How Electronic Health Records (EHRs) Help Us Learn About Long COVID



One way RECOVER researchers are learning more about Long COVID is by studying data from EHRs. An EHR is a digital medical chart that has information like doctor visits, lab results, and other health history. Through partnerships with the Patient-Centered Clinical Research Network (PCORnet and PEDSnet) and the National COVID Cohort Collaborative (N3C), RECOVER can look at health record information that has been gathered for research. These records come from more than 60 million adults and children across the country, including people who have and do not have Long COVID. This large amount of information allows researchers to uncover clues about people's Long COVID symptoms, risk factors, and care.

Did you know?

By using special computer programs that study EHRs, researchers can spot patterns in Long COVID across communities and healthcare settings.



Read RECOVER papers that used EHR data:
recoverCOVID.info/EHR-Papers

LONG COVID AWARENESS DAY

On March 15, 2026, RECOVER recognizes Long COVID Awareness Day—a time to reflect on the lasting impact of COVID-19 across the nation. RECOVER continues to stand with patients, caregivers, and communities experiencing the long-term effects of COVID-19 and is fully committed to advancing Long COVID research.

Learn more about Long COVID Awareness Day: recoverCOVID.info/LCAwareness-2026



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.

