



Summer 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. Lawrence Kleinman, RECOVER Pediatric Cohort Principal Investigator (PI), on Taking Care of Patients One at a Time and Doing Research to Understand Thousands



Dr. Lawrence Kleinman

Dr. Lawrence Kleinman didn't always know he wanted to be a doctor. But he did know that he had a passion for science and, most importantly, people. Now, as a pediatrician (doctor for children), RECOVER pediatric cohort PI, and Professor and Director of the Division of Population Health, Quality, and Implementation Sciences at Rutgers Robert Wood Johnson Medical School, he's spent decades of his career leading the science behind children's health while learning from families' experiences.

When the COVID-19 pandemic hit, he warned early on that Long COVID could be more serious for some children and that some of them might wait a long time before their symptoms were recognized. By studying children in the study, Dr. Kleinman and other RECOVER researchers learned that Long COVID looks different depending on a child's age. Younger kids often have stomach problems, while teens may lose their sense of taste or smell or experience a mix of symptoms. This means doctors need to listen carefully, since not all children's symptoms look the same.

Dr. Kleinman loves working one-on-one with patients, but he also knows that research studies like RECOVER could improve care for many people at once. By studying thousands of children, researchers can find common patterns in their health. Still, patients' real-life experiences matter just as much. "If your child's symptoms don't match what you've read, that doesn't mean they're not real," he says. "Take them seriously. Find someone who will listen."

Dr. Kleinman's work shows how research can reach many families while still paying attention to children's experiences. Learning from the many, while listening to each person, is at the heart of RECOVER.

Mason and Kari, Pediatric Cohort Participant Family, on the Invisible Burden of Long COVID on Kids

"From the outside, he looks fine," says Kari, the mother of RECOVER pediatric cohort participant, Mason, who has had Long COVID for more than six years. A photograph of him shows that he's a smiling 14-year-old from Los Angeles. But what it doesn't show are the Long COVID symptoms that impact his days. Long COVID has forced Mason to give up fast-paced activities, but photography has become a hobby that fits his energy limits. When he feels well enough, he steps outside and takes a few pictures.

Mason got COVID-19 at the start of the pandemic. Months of extreme stomach pain and problems with his intestines followed, along with dysautonomia (when the autonomic nervous system that controls involuntary body functions, like breathing, heart rate, and blood pressure, does not work correctly). In early 2020, he went to the hospital, was put on a feeding tube, and had many tests done.

"There were no answers at the time," Mason recalls. "It took years to find out what I have now [Long COVID]." Mason began receiving care for his Long COVID at the Long COVID Recovery Care Clinic at Children's Hospital Los Angeles (CHLA). Through that clinic, he was referred to RECOVER and joined the study.

A main challenge that Mason and Kari have faced with Long COVID is school. Mason's symptoms make it very difficult for him to go to school in person. But, because Mason "looks fine," Kari has struggled to get the help he needs to learn from home. This "invisible" part of Long COVID in kids can be hard for others to understand. Pain, trouble sleeping, feeling depressed, anxious, or fearful, and difficulties with memory or focusing are all ways that Long COVID can show up in children—these are often symptoms that you don't see when just looking at someone. But, no matter how Long COVID looks in children, it's important to get them the care they need.

Talking about Long COVID can be hard. Read these tip sheets for ways to talk about the topic with your or your child's doctor: recoverCOVID.info/LCTipSheets



Kari and Mason



Mason's photo of his grandfather's car



UNDERSTANDING THE RESEARCH

Study Findings: School Difficulties and Long COVID in Children and Adolescents

This RECOVER study looked at the link between Long COVID and school difficulties in school-age children (ages 6–11 years old) and adolescents (ages 12–17 years old). Researchers studied 1,976 children across the US, including 406 school-age children and 1,570 adolescents, both with and without Long COVID. Based on information about school performance reported by their caregivers, children with Long COVID were about twice as likely to have worsened grades after the COVID-19 pandemic compared to those without Long COVID. About 1 in 5 school-age children and nearly 3 in 10 adolescents with Long COVID had worse grades. Those who experienced Long COVID were also more likely to have trouble paying attention in school and had a harder time having fun with their friends. Children and adolescents with Long COVID were also more likely to have an Individualized Education Program (IEP), or be in the process of getting one. An IEP is a special plan that schools use to help students with special needs. These findings show that Long COVID can make school harder for children and adolescents. The study also highlights the continued need for schools to offer support to students with Long COVID.

Read this paper:

recoverCOVID.info/SchoolDiff

DISCOVER RECOVER VIDEO SERIES

Check out RECOVER's video series, Discover RECOVER, which features short videos that highlight recent study findings.

Explore the videos:

recoverCOVID.info/DiscoverRECOVER

Raising Awareness of Pediatric Long COVID

Pediatric Long COVID Awareness Week takes place in July. Children with Long COVID may experience a range of symptoms that can vary by age. At RECOVER, we share what we learn to help families better understand pediatric Long COVID, and its related health conditions, and find the care and support they may need.

Read what RECOVER has learned about pediatric Long COVID so far:

recoverCOVID.info/Pubs



Updates on studies.recoverCOVID.org

The RECOVER Studies participant website was recently updated to put more RECOVER materials online and support the start of the second phase of the adult study. Visit Study Protocols and Materials for key resources, and Stay Informed for study updates, support group information, and newsletters.

Explore the website:
studies.recoverCOVID.org



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.