

A summary of the RECOVER study to learn about the long-term health effects of COVID in children



An Initiative Funded by the National Institutes of Health

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 children 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." Symptoms of Long COVID may include:

- Trouble breathing
- Coughing
- Feeling weak and tired
- Problems with memory or focusing

We designed this study to answer these questions:

- **How many** children get Long COVID?
- **Why** do some children get Long COVID and others do not?
- What **symptoms** do children feel when they get Long COVID?
- **How long** do children feel sick when they get Long COVID?
- What **causes** Long COVID to happen in children?
- How does having Long COVID **affect children's physical and mental health, and development, as they grow?**

We hope this study will help us find better ways to prevent and treat Long COVID in children 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.
- **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**
- Participants who **never had COVID**

How long will the study last?

Most people will be in the study for about 6 months. Some people will be asked to stay in the study for up to 4 years.

Who can be in this study?

Up to 15,100 children and young adults who have and haven't had COVID from many races, ethnicities, and backgrounds will be in this study. This includes children of different ages:

- Babies born to mothers who got COVID when pregnant or babies who got COVID after being born
- Preschool and school age children
- Teenagers
- Young adults, up to 25 years old

Up to 15,100 parents and guardians of the children will also be in this study.

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. For children less than 18 years old, their parent or guardian will decide.

If a person decides to join or have their child 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 or have their child 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?

All children, young adults, and caregivers will be asked to:

- Answer survey questions about their and their child's life and health
- Take small samples of blood, fluid from their nose, saliva (spit), stool (poop), or urine (pee)

We will ask many participants to visit the study site 1 or 2 times a year. We may also ask some participants to do other tests, such as:

- Checkups, such as to measure their height, weight, blood pressure, and heart rate
- Imaging tests, such as MRIs of their heart and brain
- Lung and breathing tests
- Exercise test to measure the heart's activity and breathing while walking on a treadmill or riding a stationary bike
- Cognitive (thinking) tests to check how their brain is working

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