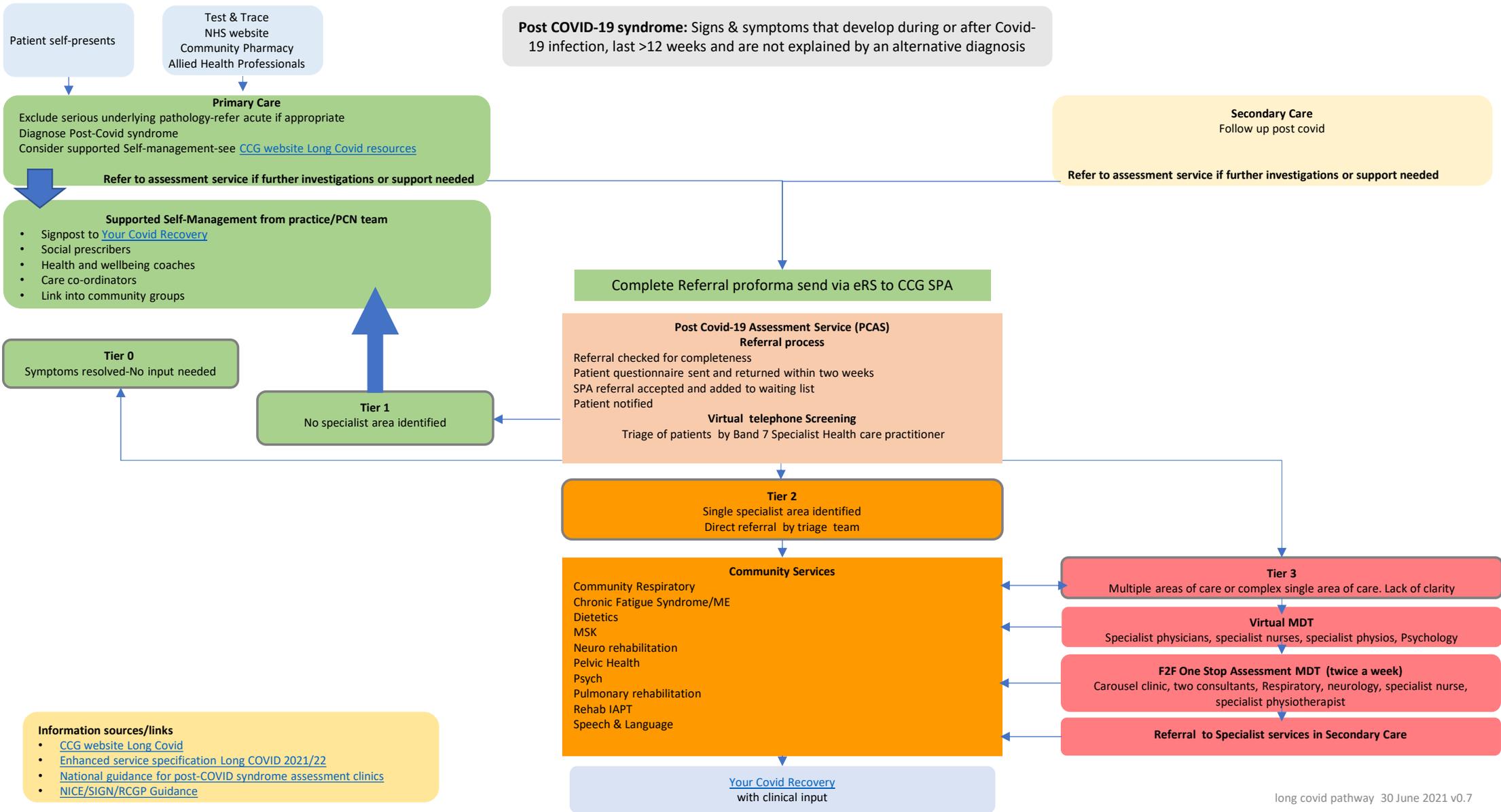


Cambridgeshire and Peterborough Post COVID-19 Syndrome pathway



Definitions

1. **Acute COVID-19:** signs and symptoms of COVID-19 for up to four weeks.
2. **Ongoing symptomatic COVID-19:** signs and symptoms of COVID-19 from 4 to 12 weeks.
3. **Post-COVID-19 syndrome:** signs and symptoms that develop during or after an infection consistent with COVID-19, continue for more than 12 weeks and are not explained by an alternative diagnosis. It usually presents with clusters of symptoms, often overlapping, which can fluctuate and change over time and can affect any system in the body. Post-COVID-19 syndrome may be considered before 12 weeks while the possibility of an alternative underlying disease is also being assessed.

The term '**Long COVID**' is also commonly used to describe signs and symptoms that continue or develop after acute COVID-19. It includes It includes both ongoing symptomatic COVID-19 and post-COVID-19 syndrome.

SNOMED CT codes page 39 [National guidance for post-COVID syndrome assessment clinics](#)

Symptoms persistent, may occur in clusters fluctuate. Traditional diagnostics often normal

COMMON

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

LESS COMMON

- Difficulty with thinking and concentration (sometimes referred to as “brain fog”)
- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating or pounding heart

SERIOUS

- Cardiovascular: inflammation of the heart muscle
- Respiratory: lung function abnormalities
- Renal: acute kidney injury
- Dermatologic: rash, hair loss
- Neurological: smell and taste problems, sleep issues, difficulty with concentration, memory problems
- Psychiatric: depression, anxiety, changes in mood