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# REPORT ON LONG TERM SYMPTOMS OF COVID 19 IN NORTH AMERICA

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# INTRODUCTION: LONG TERM SYMPTOMS OF COVID 19 IN NORTH AMERICA

- Experts observe that most patients recover from COVID within a week or two, but at least one in five experience persistent or new symptoms more than four weeks after first being diagnosed. What has been described as “Long COVID” is a growing concern. But we still don’t have a clear definition and there are insufficient data to provide a trajectory or a timeline for how ‘long’ it lingers. The UK’s National Institute for Health and Care Excellence ([NICE](#)) has proposed a [working definition](#). Signs and symptoms that develop during or after an infection consistent with COVID-19 but 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 (<https://www.downtoearth.org.in/news/health/long-covid-affects-1-in-5-people-following-infection-vaccination-masks-and-better-indoor-air-are-our-best-protections-82425>)
- That which follows presents findings from one of the larger studies across North America of persons reporting longer term effects of Covid 19 with some 1981 respondents across the three countries (Canada-503, United States-931 and Mexico-547). Respondents report that the most common long term effects of Covid 19 are Fatigue and Muscle and Joint Pain. The survey further reveals that persons in their early 30’s were most likely to report long term symptoms of Covid 19.
- The findings arise from a survey conducted via web panel by Leger for the Association for Canadian Studies and the University of Manitoba conducted during the middle of March, 2022 with 1981 persons across North America ages 18 or older. While a margin of error cannot be associated with a non-probability sample in a panel survey for comparative purposes a probability sample of 1,981 respondents would have a margin of error of  $\pm 2.5\%$ , 19 times out of 20

# OF THOSE REPORTING THAT THEY SUFFERED LONG TERM EFFECTS FROM COVID 19 THE MAIN SYMPTOMS ARE FATIGUE AND JOINT OR MUSCLE PAIN

	Did you suffer or have you been suffering from Long COVID (long-term effects of COVID-19), such as the following symptoms?		
	Total	Male	Female
<b>Fatigue</b>	<b>56.0%</b>	<b>52.4%</b>	<b>59.0%</b>
<b>Joint or Muscle Pain</b>	44.0%	41.6%	46.3%
<b>Change to sense of smell or taste</b>	42.9%	43.7%	42.3%
<b>Not being able to think straight or focus ('brain fog')</b>	32.3%	30.8%	33.6%
<b>Breathless</b>	31.4%	29.9%	32.8%
<b>Chest Pain</b>	27.2%	28.7%	26.1%
<b>Heart Palpitations</b>	23.2%	22.8%	23.7%
<b>Average</b>	<b>36.5</b>	<b>35.5%</b>	<b>37.5%</b>

# PERSONS IN THEIR EARLY 30'S ARE MOST LIKELY TO REPORT LONG TERM EFFECTS FROM COVID 19

	Between 18 and 24	Between 25 and 29	Between 30 and 34	Between 35 and 44	Between 45 and 54	Between 55 and 64	Between 65 and 74
<b>Fatigue</b>	52.4%	59.5%	63.2%	58.5%	58.4%	48.2%	39.4%
<b>Joint or Muscle Pain</b>	42.3%	50.5%	47.1%	48.5%	40.3%	38.3%	37.5%
<b>Change to sense of smell or taste</b>	37.5%	50.0%	51.2%	47.2%	44.9%	32.8%	19.2%
<b>Breathless</b>	28.4%	26.2%	34.0%	33.9%	34.0%	30.4%	27.9%
<b>Not being able to think straight or focus ('brain fog')</b>	27.7%	36.4%	40.5%	29.9%	35.2%	27.8%	23.1%
<b>Chest Pain</b>	22.8%	31.6%	36.8%	29.1%	28.5%	17.1%	18.1%
<b>Heart Palpitations</b>	18.3%	18.2%	32.8%	24.8%	26.6%	19.0%	13.5%
<b>Average affected by CLTS</b>	32.3%	38%	43.5%	38.5%	38%	30.5%	25.5%

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