

# A Long COVID Definition

## A Chronic, Systemic Disease State with Profound Consequences

### KEY ELEMENTS OF THE 2024 NASEM LONG COVID DEFINITION

The lack of a clear and consistent definition for Long COVID presents challenges for patients, clinicians, public health practitioners, researchers, policy makers, and support services. Recognizing this, the Administration for Strategic Preparedness and Response and the Office of the Assistant Secretary for Health asked a committee of the National Academies of Sciences, Engineering, and Medicine to take up the issue of defining Long COVID.

Based on findings reported in existing literature, as well as expert input, including from those with lived experience as patients and caregivers, the study committee proposed one definition consisting of five key elements. As no biomarker currently available demonstrates the presence of Long COVID, it can be diagnosed on clinical grounds.

## 2024 NASEM LONG COVID DEFINITION

**Long COVID is an infection-associated chronic condition that occurs after SARS-CoV-2 infection and is present for at least 3 months as a continuous, relapsing and remitting, or progressive disease state that affects one or more organ systems.**

### 1. Attribution to Infection



No laboratory confirmation or other proof of initial SARS-CoV-2 infection required.

Can follow SARS-CoV-2 infections of any severity, including asymptomatic.



### 2. Onset and Duration



Must be present for at least 3 months.

Can be continuous from or delayed in onset following acute SARS-CoV-2 infection.



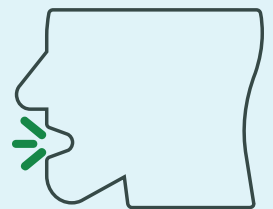
### 3. Symptoms

More than 200 symptoms and conditions possible, including exacerbation of pre-existing conditions.

Can affect one or more organ systems.

Can range from mild to severe and resolve over a period of months or persist for months or years.

No symptoms or conditions included in the definition are required or exclusionary.



### 4. Equity

Can affect children and adults, regardless of health, disability, or socioeconomic status, age, sex, gender, sexual orientation, race, ethnicity, or geographic location.



### 5. Functional Impairment

Can have profound emotional and physical impact and affect ability to work, attend school, take care of family, and practice self care.

