

You've survived mild COVID? For many, debilitating symptoms kick in weeks or months later

[\[A\] study that analyzed electronic medical records in California](#) found that nearly a third of the people struggling with long Covid symptoms — like shortness of breath, cough and abdominal pain — did not have any signs of illness in the first 10 days after they tested positive for the coronavirus. [Surveys](#) by patient-led groups have also found that many Covid survivors with long-term symptoms were never hospitalized for the disease.

In [\[a\] Northwestern study](#), many experienced symptoms that fluctuated or persisted for months. Most improved over time, but there was wide variation. “Some people after two months are 95 percent recovered, while some people after nine months are only 10 percent recovered,” said [neuroinfectious disease expert Dr. Igor] Koralnik.

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Eddie Palacios, 50, a commercial real estate broker who lives in Naperville, a Chicago suburb, tested positive for the coronavirus in the fall, experiencing only a headache and loss of taste and smell. But “a month later, things changed,” he said.

“I was cleaning my gutters and I forgot where I was, I forgot what I was doing on the roof,” Mr. Palacios said. When he remembered, he added, the idea of doing “something as simple as climbing on a ladder all of a sudden became a mountain.”

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