

Supplementary Table 1: Long-COVID Symptoms

- Breathlessness
- Extreme tiredness (fatigue)
- Poor memory and concentration ('brain fog')
- Persistent cough
- Difficulty sleeping (insomnia)
- Dizziness
- Pins and needles
- Joint pain
- Chest pain or tightness
- Heart palpitations
- Depression and anxiety
- Tinnitus, earaches
- Feeling sick
- Diarrhoea
- Stomach aches
- Loss of appetite
- High temperature
- Headaches
- sore throat
- Changes to sense of smell/taste
- Rashes