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RECOVER: Researching COVID to Enhance Recovery

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RECOVER
Researching COVID to Enhance Recovery
An Initiative Funded by the National Institutes of Health

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WHAT IS RECOVER?
A multi-site, NIH-funded, 4-year observational study on Long COVID.

WHAT IS LONG COVID?
Persistent or new symptoms after the acute phase of COVID-19. This is also called Post-acute sequelae of SARS-CoV-2 (PASC).

WHAT ARE THE GOALS OF RECOVER?
1) Characterize the incidence and prevalence of PASC.
2) Characterize the spectrum of clinical symptoms and natural history.
3) Define the underlying pathobiology.

MaineHealth opened RECOVER in Dec 2021 and has enrolled 25 participants to date, of a total target of 85.

The study is expected to be fully enrolled by Dec 2022.

To contact the MaineHealth RECOVER Team
Email: RECOVER@mmc.org
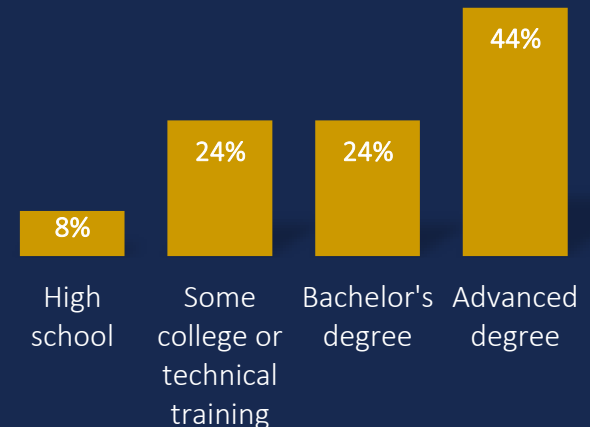Call: 207-396-7960

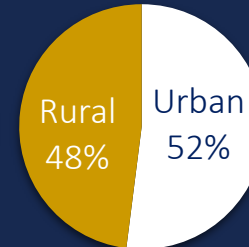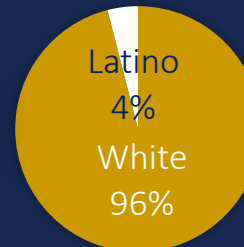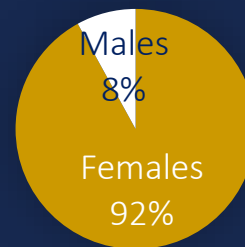## HOW WILL RECOVER ACHIEVE ITS GOALS?
NIH has selected health care institutions across the nation, including MaineHealth, to conduct this study, which is anticipated to enroll a total of 15,000 participants who have or had SARS-CoV-2 infection and 2,680 control participants without a SARS-CoV-2 infection.

The study design is an ambidirectional longitudinal meta-cohort study (combined retrospective and prospective) with nested case-control studies.

WHAT DOES RECOVER INVOLVE FOR PARTICIPANTS?
Participants complete symptom questionnaires every few months and depending on the reported symptoms, they may undergo more in-depth assessments in order to derive a complete clinical picture of PASC. These may include laboratory tests in blood, saliva, stool and urine samples, as well as office exams and imaging.

DEMOGRAPHICS of the first 25 MH Participants:

Males 8% / Females 92%

Latino 4% / White 96%

Rural 48% / Urban 52%

High school 8% | Some college or technical training 24% | Bachelor's degree 24% | Advanced degree 44%

Age range: 33-71, Median: 55, Mean: 53.2