



## **CATALOGUE OF POST COVID SYNDROME EFFECTS IN LONG COVID PATIENTS**

**CATALOGUE -AN OPEN DOCUMENT LOGGING EFFECTS OF  
POST COVID SYNDROME SINCE MARCH 2020.**

**DOCUMENT PERMITTED TO BE SHARED WITH MEDICS,  
CLINICIANS, HEALTH STAFF, THE NHS. GOVERNMENTS,  
HOSPITALS, RESEARCH INSTITUTES, PATIENTS &  
RESEARCHERS.**

Compiled by Louise Barnes (in association with over 3500 patients in more than 75 countries).  
Chronic Long Covid Support Group  
[www.chroniclongcovid.com](http://www.chroniclongcovid.com)

**LIST OF COMMON EFFECTS THAT POST COVID SYNDROME PATIENTS ARE EXPERIENCING BY MEN AND WOMEN, IRRESPECTIVE OF TESTING, AGE AND WHETHER WE HAD UNDERLYING HEALTH ISSUES OR NOT for the Medical community, NICE/NIHR, Government Ministers & NHS practitioners.**

**Updated on 16th July 2020**

**Updated October 21st 2020**

**Neurological/Nervous System**

- Violent seizures 1
- Violent shaking 2
- Vibrations inside the body 3
- Trembling 4
- Twitching of fingers/thumbs 5
- Nighttime weird sensations eg, feeling frightened 6
- Brain Fog 7
- Confusion 8
- Forgetfulness 9
- Numbness in extremities: fingertips 10

**Dermatological**

- Scaly skin 11
- Peeling of skin 12
- Itchy skin 13
- Bruising 14
- Lived reticularis 15
- Red marks appearing under skin 16
- Skin mottling 17
- Dry/scaly skin 18
- Skin ageing 19
- Weird lumps appearing on skin 20
- Circles/lumps appearing on feet 21

**Cardio-vascular**

- Heart racing 22
- Heart stabbing pain 23
- Heart palpitations 24

**Sensory Changes**

- Loss of smell 25
- Loss of appetite 26
- Loss of taste 27
- Hearing Strange sounds at night 28
- Flashing lights in the eyes 29
- Shadows in corner of eyes 30
- Tinnitus 31
- Buzzing of ears 32
- Popping of ears 33
- Excessive thirst 34

**Women's issues**

- Disruption to menstrual cycle 35
- Amenorrhea 36

**Physiological Changes**

- Muscle pain 37
- Lower Back pain 38
- Shoulder pain 39

- Neck pain 40
- Swollen glands 41
- Hair loss (men and women) 42
- Severe cramping 43

### **Lung /Respiratory Function**

- Breathlessness 44
- Lung bruising 45
- Chest tightness 46
- Lung pressure 47
- Asthmatic exacerbation 48
- Coughing when lying down. 49
- Clear mucus producing cough 50
- Blood clots 51

### **Mental Health**

- Depression 52
- Anxiety (being over prescribed/labelled by medics) 53
- Frustration 54
- Isolation 55
- Loneliness 56
- Demoralising tendencies (due to not being believed) 57
- Feelings of sadness 58

### **Gastro-intestinal**

- Rumbling intestines (above normal levels) 59
- Diarrhoea 60
- Stool colour changes 61
- Bloating (above normal) 62
- Belching (above normal) 63
- Gas production increases/decreases (below normal) 64

### **Sleep Disturbances**

- Sleep apnea 65
- Insomnia 66
- Fatigued sleep 67
- Psychological disturbances in the dark 68
- Psychological disturbances when sleeping 69
- Have to sleep sitting upright 70

### **Bowel habits & changes**

- Urine incontinence at night whilst sleeping 71
- Urine incontinence during the day whilst active 72
- Faecal incontinence at night whilst sleeping 73
- Faecal incontinence during the day whilst active 74
- Stomach cramping/intestinal cramps 75

### **Head/Facial/Maxillo issues**

- Jaw pain 76
- Sinus problems 77
- Pain in cheek bones/jaw area 78
- Neck glands up 79
- Parotid glands up 80
- Glands by ears up 81
- Glands on back of head/upper neck up 82
- Hair loss 83

### **Vision Changes**

- Blurry vision 84
- Foggy vision (sudden bursts) 85

- Floaters in vision 86
- Black shadows in corner of eyes 87
- Blurry vision with screens/bright lights/cannot read letters 88

### **Other problems (mixed in origin)**

- Sore throat 89
- Laryngitis (hoarseness) 90
- Headaches (ice picks) 91
- Mobility problems walking 92
- Circulatory issues cold hands 93
- Circulatory issues cold feet 94
- Migraines 95
- Bells palsy 96
- Slurred speech 97
- Stroke like symptoms 98
- Collapse 99
- Mobility issues 100
- Phantom smells (amnesia followed by this) 101
- Acid reflux 102
- Short term memory loss 103
- Nervous breakdown 104
- Night sweats 105
- Hallucinations 106
- Dry mouth 107
- Hip pain 108
- Heavy legs 109
- Vomiting 110
- Congestion 111
- Thyroiditis 112
- Restless legs 113
- Chin swelling 114
- Inflammation of old injuries 115
- Post covid diabetes 116
- Phlegm 117
- Sensitivity to light, sound, movement 118
- Tingling of extremities 119
- Sinus swelling 120
- Hives 121
- burping/belching 122
- Low body temperatures 123
- Low blood pressure 124
- High blood pressure 125
- Requiring reading glasses 126
- Excessive bleeding gums 127
- Excessive rectal bleeding 128
- Flare up of RA 129
- Swelling in extremities 130
- Burning in intestines/gastric area 131
- Metallic taste in mouth 132
- Dizziness 133
- Dysphagia issues 134
- Water on the knee 135
- Lower back pain 136
- Numbness in arms, necks, face 137
- Swollen temples 138
- Migraines 139
- Feeling feverish without a temperature 140
- burning/fizzing sensation in body parts 141
- Random bruising 142
- low/high blood sugar 143

- Spontaneous lactation 144
- Fluid retention 145
- Red marks on body after resting (that last hours) 146
- Bruising under nails 147
- Breast pain and lumps 148
- Shooting neuropathy 149
- Coughing up blood 150
- Blood in urine and stools 151
- Localised swelling in feet 152
- Conjunctivitis 153
- Nausea 154
- Earache 155
- Toothache 156
- Itchiness/burning eyes 157
- Low oxygen levels 158
- Trouble trying to form words 159
- Blocked ears 160
- Trouble focusing attention 161
- Balance issues 162
- Pressure behind the eyes 163
- No grip or strength in fingers 164
- Sensitivity in the head 165
- Sore gums 166
- White tongue 167
- Pins and Needles 168
- Light sensitivity 169
- Mouth tingling 170
- Ringing in ears 171
- Skin sensations on hands and arms 172
- Lymphomas 173
- Mastitis 174
- MND 175
- ME/CFS 176
- Thyroid issues 177
- Fluctuating heartbeat one extreme to another 178
- Fluctuating blood pressure 179
- Breast cancer/lumps 180