Descriptions of conditions similar to long COVID-19 with their respective pharmaceutical and non-pharmaceutical treatments- CDC

|  |  |  |
| --- | --- | --- |
| **Condition** | **Description** | **Treatment** |
| Long COVID or post-COVID-19 syndrome | * Condition lasts for ≥3 months after COVID-19 symptoms onset | * Paracetamol and NSAIDS (for relieving specific symptoms) * Ivabradine (for cases with tachycardia or palpitations) * Personalized rehabilitation |
| ME/CFS | * Condition lasts for ≥6 months after possible triggers such as stress or viral infection. * 1994 CDC criteria: Fatigue with at least four of either headache, myalgia, joint pain, PEM, sore throat, tender lymph nodes, unrefreshing sleep, or cognitive impairment * 2015 IOM criteria: Fatigue, PEM, and unrefreshing sleep that may come with cognitive impairment or orthostatic intolerance | * Rintatolimod (TLR3 agonist) * Staphypan Berna vaccine * Coenzyme Q10 + NADH (mitochondrial modulator) * Antidepressants * Analgesics * Antivirals * CBT and GET (debatable) |