

LONG
COVID
SCHWEIZ
SUISSE
SVIZZERA
SWITZERLAND

Survey on Long Covid in Switzerland

Published October 2022

Purpose of this survey

Contribution to the public debate

- Between July and September 2022, 2.5 years after the shutdown, patient organisation Long Covid Switzerland surveyed around 584 sufferers of long covid or postvac syndrome who have not recovered from their symptoms.
- The survey was conducted online and anonymously. The questions concerned health status, symptoms, diagnosis, treatment, occupation and education.
- The aim was to find out how affected people cope with their condition in everyday life and what their most important needs are. The main problems are post-exertional malaise PEM and psychologisation.
- **With the results of this survey, Long Covid Switzerland would like to contribute to an informed public debate.**

Summary of survey results

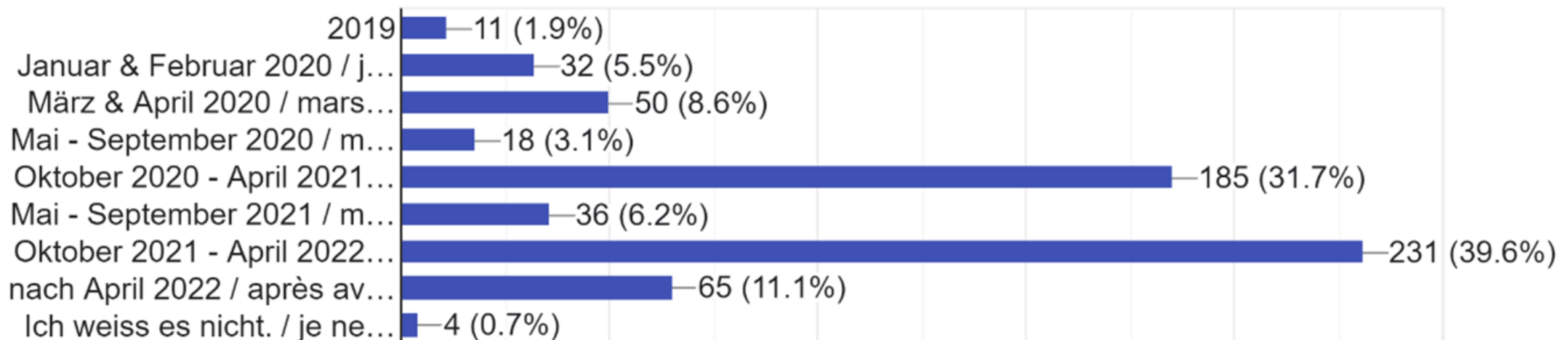
- Demographics:** **80% of respondents are women and 30-60 years old**, but children, adolescents and older people are also affected. 75% of the infections were caught in the winter months.
- Duration:** **91% suffer from symptoms for more than 3 months**, 53% for more than 1 year, 15% for more than 2 years
- Symptoms:** **1. exercise intolerance; 2. fatigue; 3. cognitive dysfunction;** 4. sleep disturbances, 5. muscle pain/weakness, 6. headaches, 7. dizziness
- Post-exertional malaise:** **At least 90% of those affected suffer from post-exertional malaise PEM, the most debilitating symptom. PEM is key for diagnosis, treatment and prognosis of long covid.**
- Previous illness:** **63% of those affected had no previous illnesses.** 81% also had no mental health problems. 16% reported suffering from previous mental or psychiatric illnesses.
- Health status:** **87% felt in very good health before LC** (46% in top condition). Now it is 6%, with the majority at 2 to 4 points. At worst, 60% were 0 or 1 point. Still 24% are fully mobile, **88% suffer from pain or discomfort**, almost **60% suffer from anxiety or depression** and **only 3% can do sports.**
- Work:** **One third is unable to work or go to school, another third had to reduce their workload. 20% are able to work.**
- Treatment&Coping:** **Pacing is the most successful approach for 83% of sufferers**, followed by about 40% for breathing exercises, alternative treatments, meditation and light exercise. **The most harmful therapies are by far graded exercise therapy GET with 40%**, followed by 20% established medication (20%), physiotherapy (16%), rehab (13%).

Time of infection

72% infected during winter

- 16% (93) before or in 1st wave (until April 2020)
- 32% (185) in winter 2020/21
- 40% (231) in winter 2021/22 (incl. omicron)
- 11% (65) after April 2022 (omicron)

Almost $\frac{3}{4}$ of the current long covid cases in Switzerland are due to infections during the winter months.

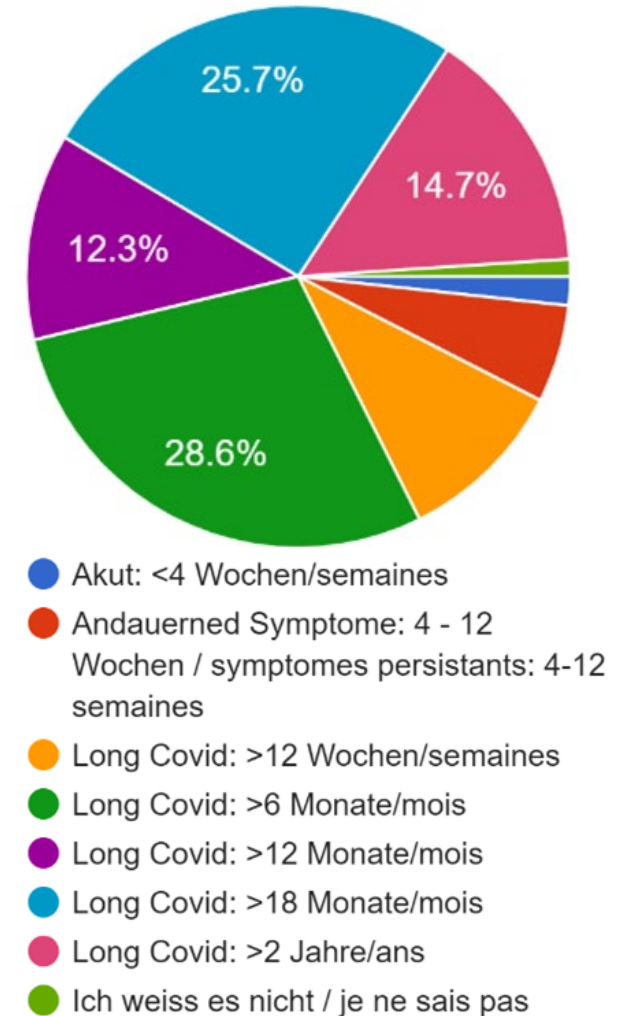


Duration of illness

91% sick for >3 months, 53% >1 year, 15% > 2 years

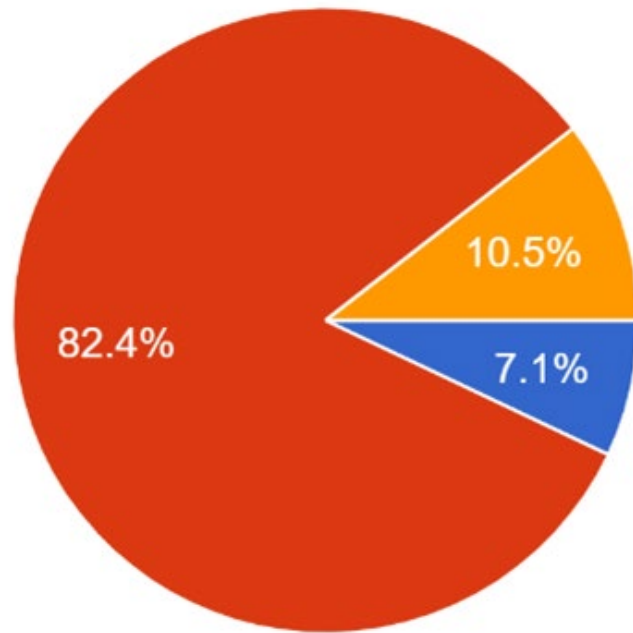
- 15% (86 people) more than 2 years long covid
- 26% (150 persons) more than 1.5 years long covid
- 12% (72 persons) more than 1 year long covid
- 29% (167 people) more than 6 months long covid
- 10% (59 people) more than 12 weeks long covid
- 5.8% (34 people) persistent symptoms, 4-12 weeks
- 1.7% (10 people) acutely ill less than 4 weeks
- 1% (6 persons) did not know the exact time of illness

**91% suffer from symptoms for more than 3 months
53% for more than 1 year, 15% for more than 2 years**



PostVac syndrome

Long covid symptoms after vaccination



- Ja / Oui
- Nein / Non
- Ich weiss es nicht / je ne sais pas

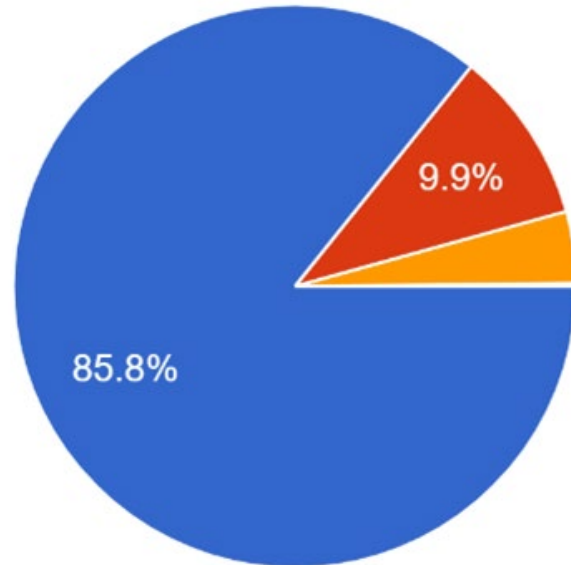
7.1% (or 41 people) attribute their long covid symptoms to mRNA vaccination.

11% (61 people) are unsure but cannot rule out vaccination as trigger.

81% (479) assume SARS-CoV-2 infection as trigger.

The mRNA vaccination can also lead to an overreaction of the immune system due to immunisation and thus result in typical long covid symptoms and ME/CFS. We do not yet know how long these symptoms will last.

Mostly confirmed by reliable tests



- Ja, ich hatte einen positiven Test / oui, j'ai eu un test positif
- Nein/non
- Nein, Test negativ / non, test négatif
- Ich weiss es nicht / je ne sais pas

In 86% (500/583), the disease was confirmed by a positive PCR test or antigen test. 10% (58) had no test. 4.1% (24) had a negative test.

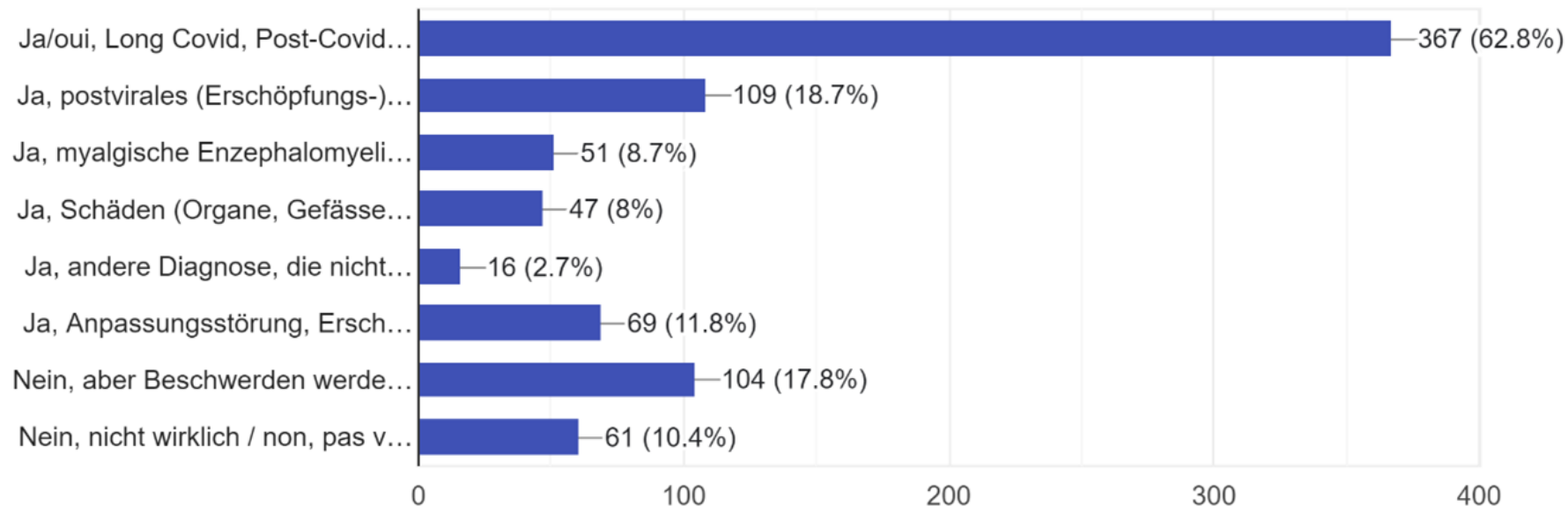
Affected persons who became ill before or during the 1st wave, children who were not tested and PostVac-affected persons generally have no test.

False-negative results are common, especially for antibody tests. For PCR tests, the right timing and technique (& swab site) is crucial.

Diagnosis Long Covid/Post Covid

Long covid diagnosis in 63% (1 year ago 25%)

- 63% (367) Diagnosis long covid/post covid
 - 19% (109) Diagnosis post-viral fatigue syndrome
 - 18% (104) Complaints attributed to covid
 - 12% (69) Diagnosis of adjustment disorder, fatigue, depression, somatoform disorder
 - 8.7% (51) Diagnosis of myalgic encephalomyelitis / chronic fatigue syndrome (ME/CFS)
 - 10% (61) No diagnosis
- (Multiple answers possible)

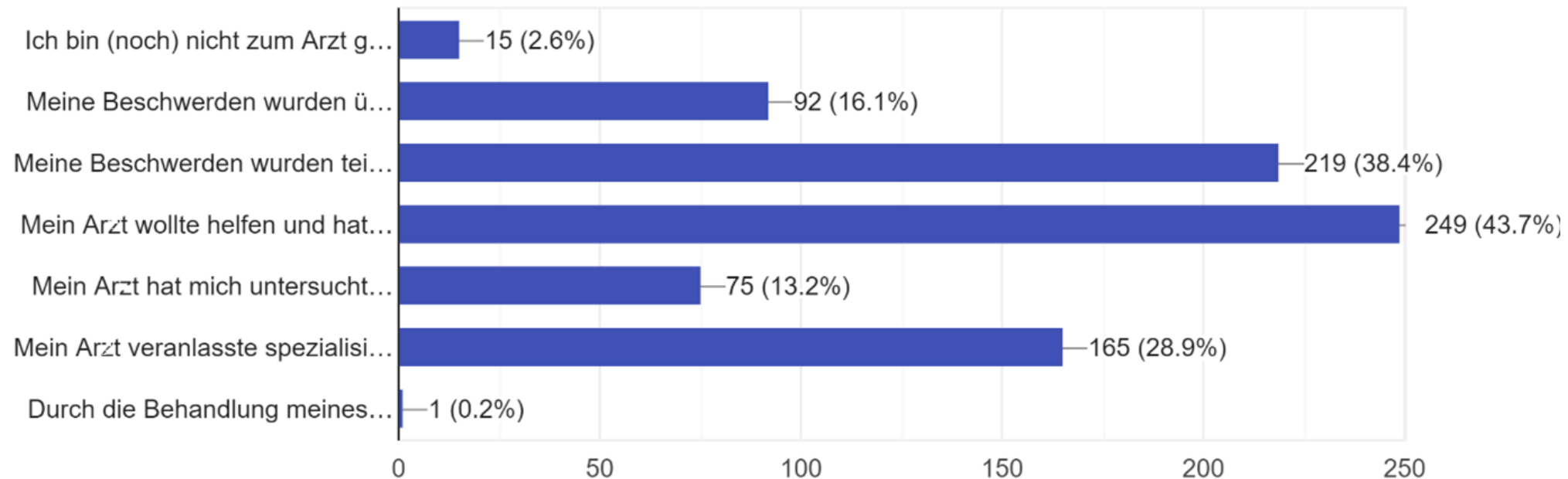


Quality of medical consultation/care

Helplessness, lack of understanding & competence

- **55% (311) felt they were only partially or not at all taken seriously by the medical profession.**
- 44% (249) said that their doctor listened and wanted to help but wasn't able to.
- 42% (240) received help that led to improvements or were referred to specialists.

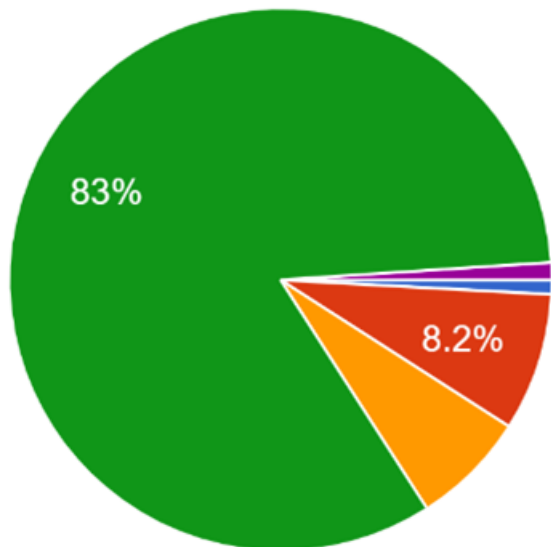
(multiple answers were possible)



Hospitalisation

83% of respondents had never been hospitalised

- **83% (485) never hospitalised**
- 8.2% (48) hospitalised
- 6.8% (40) hospitalised after the acute phase
- 1% (5) hospitalised, ventilated, intensive care unit
- 1% (6) do not know

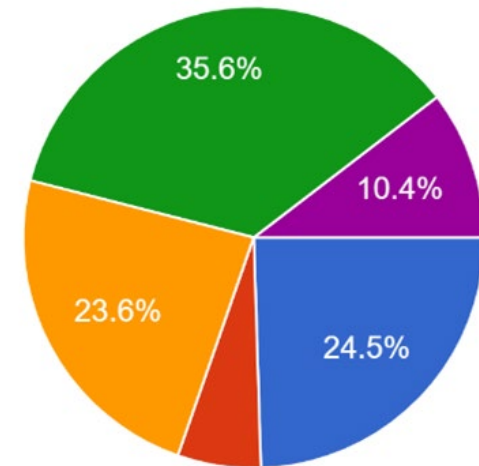


- Ja, stationär mit Beatmung/auf Intensivstation / Oui, hospitalisé avec ventilation/en unité de soins intensifs.
- Ja, ich war stationär in einer Klinik. / Oui, j'ai été hospitalisé dans une clinique...
- Ja, stationär nach akuter Phase / Oui, hospitalisé après phase aiguë
- Nein, ich war nie in einer Klinik. / Non, je n'ai jamais été dans une clinique.
- Ich weiss es nicht / Je ne sais pas

Rehabilitation with post-exertional malaise

Mixed feedback for programmes

- 25% (139) inpatient rehab
 - 5.8% (33) outpatient rehab
 - 24% (134) no rehab but would be necessary/helpful
 - 36% (202) no rehab and not necessary/helpful
 - 10% (59) do not know
- Wide range of outpatient and inpatient rehab programmes for long covid (except children).
 - Performance, success and feedback vary greatly:
 - **Often deterioration through activation; cases of disability (bedridden, wheelchair) due to “therapy”.**
 - **Improvements solely through rest & pace**
 - **Implementation in everyday life often difficult**
 - Inpatient rehabilitation not common in French-speaking Switzerland.

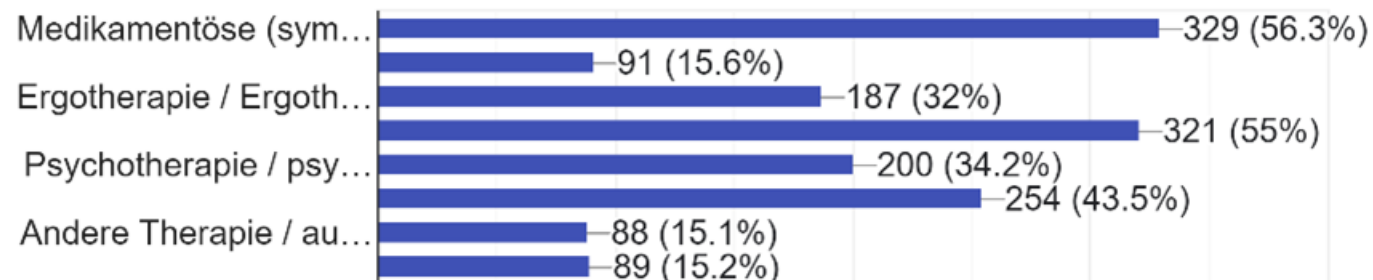


- Ja, ich habe eine stationäre Reha gemacht oder diese ist geplant. / Oui, j'ai subi une réhabilitation ou celle-ci est p...
- Ja, ich habe eine ambulante Reha gemacht / Oui j'ai subi une rééducation...
- Nein, ich habe keine Reha geplant und dies wäre nötig/hilfreich. / Non, je n'ai...
- Nein, ich habe keine Reha geplant und diese wäre nicht nötig/hilfreich. / Non,...
- Ich weiss es nicht. / Je ne sais pas.

Treatment (1)

What treatments do you receive?

- 56% (329/584) symptomatic medication
- 55% physiotherapy
- 44% Alternative medicine/procedures
- 34% psychotherapy
- 32% occupational therapy
- 16% off-label medicines
- 15% Nothing
- 15% Something else

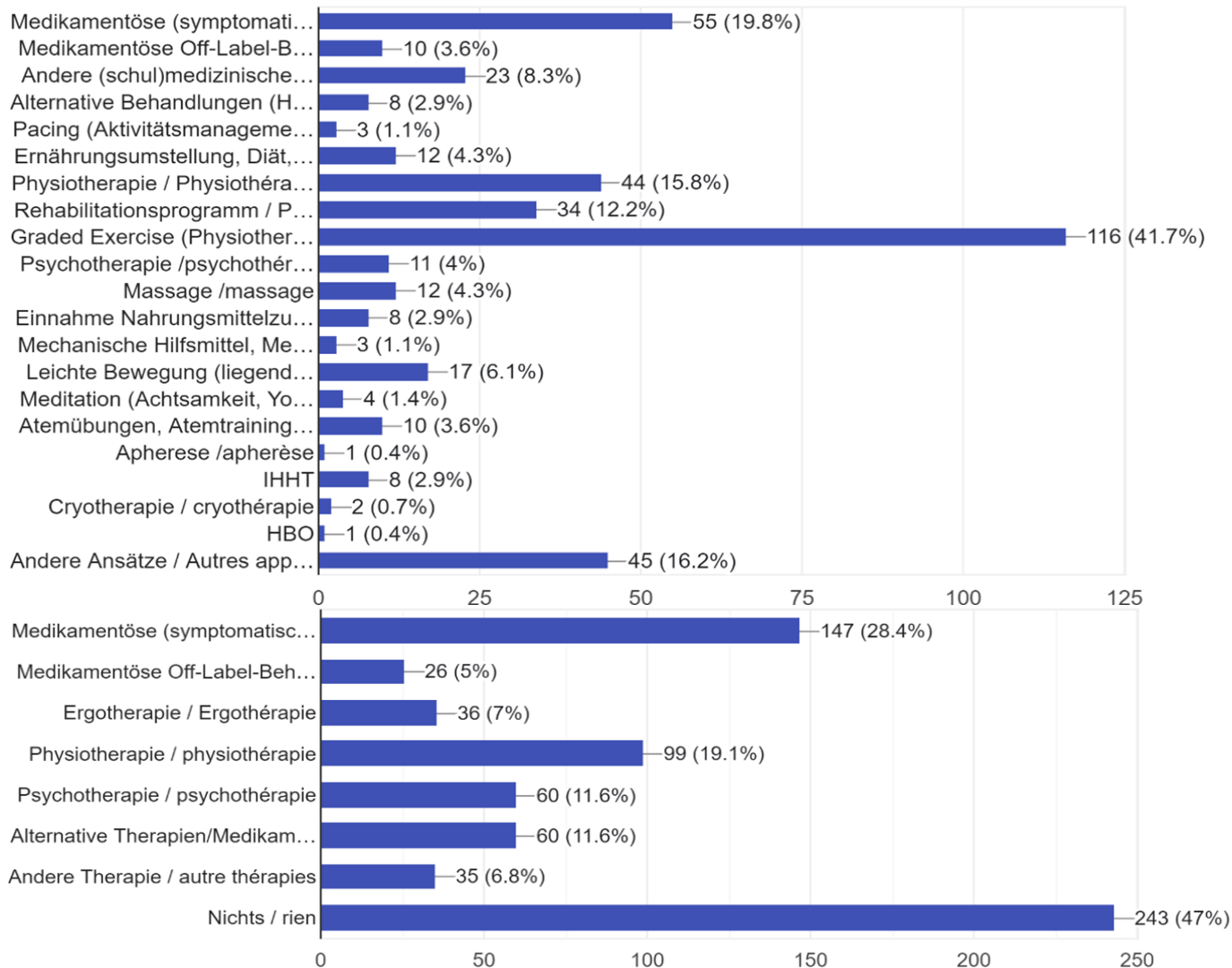


There is no treatment for the causes of long covid. Therefore, available treatments are symptomatic.

- **Physiotherapy for activation and occupational therapy for energy management (pacing) are standard. Psychotherapy is used when needed.**
- **Alternative and off-label approaches are relatively common for long covid, as there is no established therapy yet.**
- **Some (15%) received nothing.**

Treatment (2)

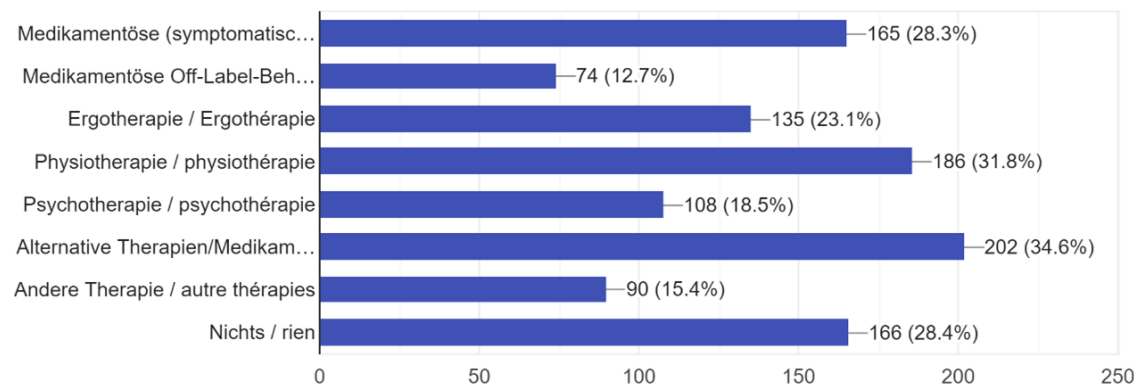
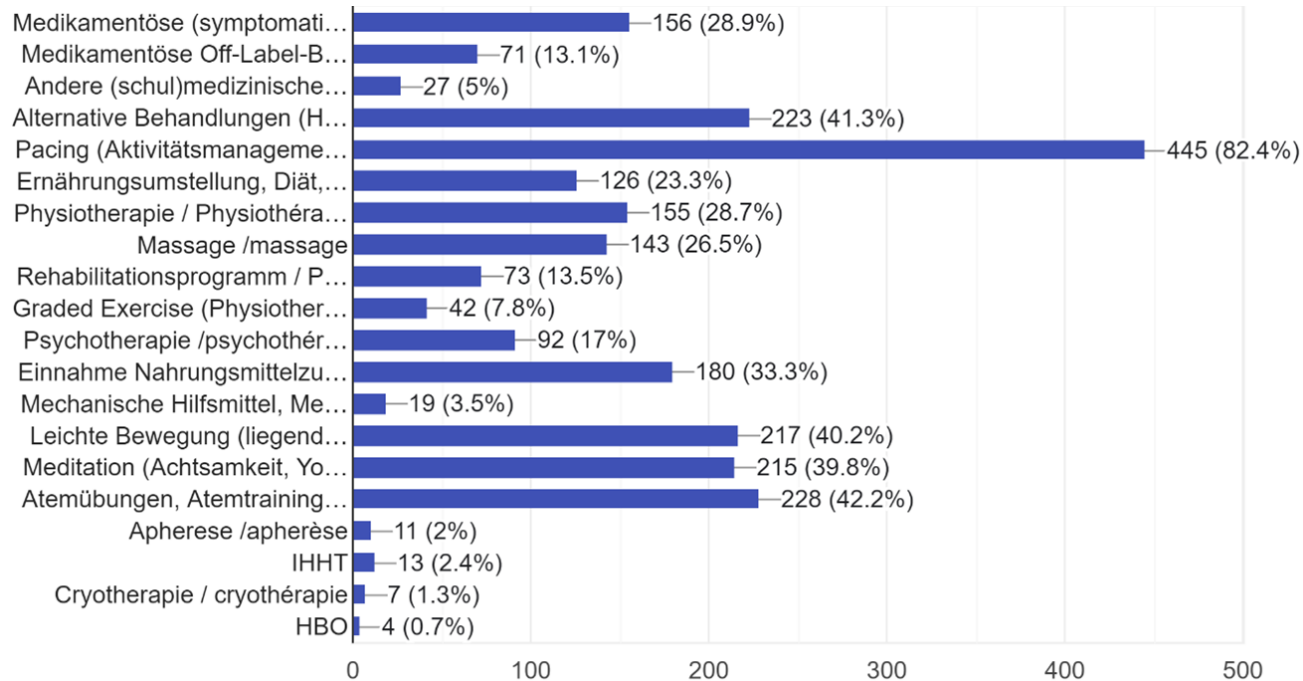
What doesn't work or is harmful?



- **The most harmful therapy from the point of view of those affected is graded exercise (42%, 116/278), an activating therapy with the aim of increasing performance.**
- **Graded exercise is contraindicated in PEM because it leads to symptom exacerbation.** In physiotherapy and rehabilitation, PEM is usually the reason that therapies fail.
- 20% medication, 16% physiotherapy, 12% rehab, 8% other conventional medicine, 6% light exercise can also do harm
- Ineffective were mainly with 28% medication, 19% physiotherapy, 12% psychotherapy, 12% alternative therapies, 7% occupational therapy and 7% other and 5% off-label treatments

Treatment (3)

Top 5 recommendations



Top 10 tips if you could give 5 recommendations:

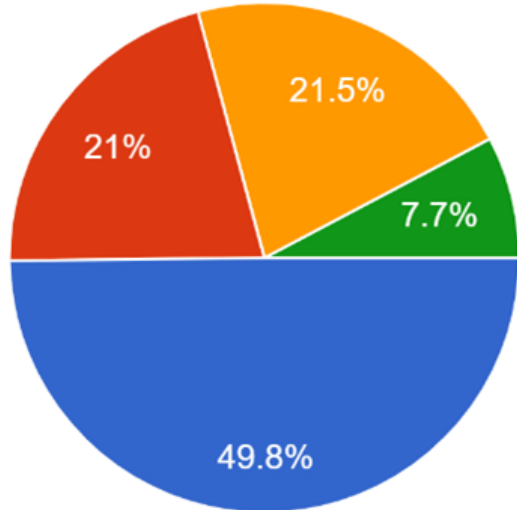
1. 82% Pacing (445/540)
2. 42% breathing exercises
3. 41% alternative treatments
4. 40% light exercise
5. 40% meditation
6. 33% food supplements
7. 29% physiotherapy
8. 29% medication
9. 27% massage
10. 23% change of diet

Top 5 positive effects of therapies:

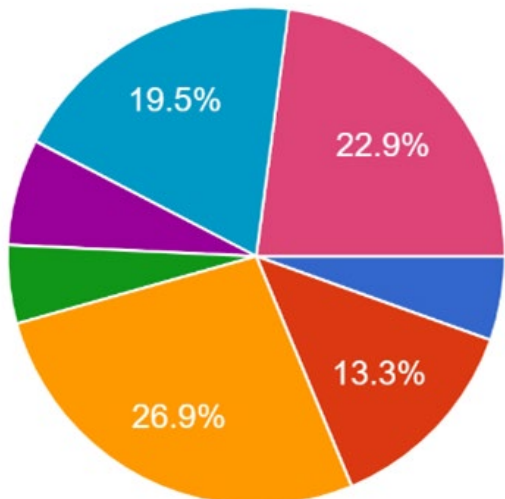
1. 35% alternative therapies
2. 32% physiotherapy
3. 28% medication
4. 28% nothing
5. 23% occupational therapy

Vaccination

Vaccination rate and impact on disease



- Ja, voll geimpft inklusive Booster / Oui, régime complet, booster inclus
- Ja, reduziertes Schema / Oui, régime réduit
- Nein / Non
- Ja, reduziertes Schema wegen Infektion / Oui, régime réduit à cause de l'infection



- Impfung hat Symptome verbessert / vaccination a amélioré les symptômes
- Impfung hat Symptome verschlechtert / vaccination a aggravé les symptômes
- Impfung hatte keinen Einfluss auf die Symptome / vaccination n'a pas eu d'...
- Impfung hat Symptome erneut ausgelöst / vaccination a réactivé les symptômes
- Impfung hat Symptome teilweise verbessert / vaccination a partiellement amélioré les symptômes
- Ich weiss es nicht / je ne sais pas
- Wurde nicht geimpft / n'a pas été vacciné

- **79% vaccinated (more than the 70% in the general Swiss population)**
- **50% (290/582) fully vaccinated**
- **29% with reduced schedule**
- **22% unvaccinated**

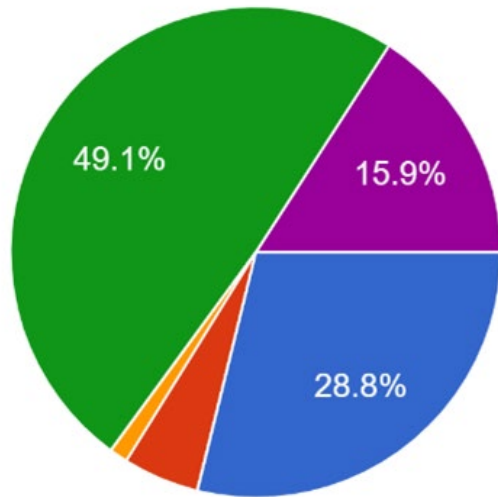
Vaccination impact on symptoms

- **27% no influence**
- **20% unclear**
- **18% worsening or newly triggered**
- **7% some better, others worse**
- **5.5% improvement**
- **23% not vaccinated**

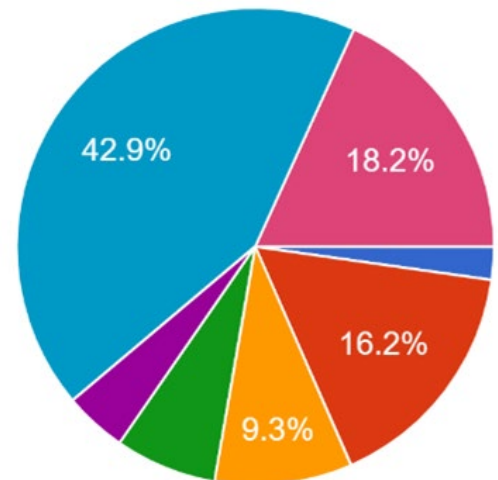
Vaccination has rather negative effects.

Reinfection

Reinfection and impact on disease



- Ja, einmal / Oui, une fois
- Ja, zweimal / Oui, deux fois
- Ja, dreimal / Oui, trois fois
- Nein / Non
- Ich weiss es nicht / Je ne sais pas



- Reinfektion hat Symptome verbessert / réinfection a amélioré les symptômes
- Reinfektion hat Symptome verschlechtert / réinfection a aggravé l...
- Reinfektion hatte keinen Einfluss auf die Symptome / réinfection n'a pas eu d'ef...
- Reinfektion hat erneut Symptome aus...
- Reinfektion hat Symptome teilweise v...
- Keine Reinfektion / Pas de réinfection
- Ich weiss es nicht / Je ne sais pas

- **49% (284/579) have not been reinfected**
- **29% 1x reinfected**
- **16% do not know**
- **5% 2x reinfected**
- **1.2% 3x reinfected**

Impact of reinfection on symptoms

- **23% Worsening or newly triggered**
- **18% unclear**
- **9.3% no effect**
- **4.3% some better, others worse**
- **2.2% improvement**
- **43% not reinfected**

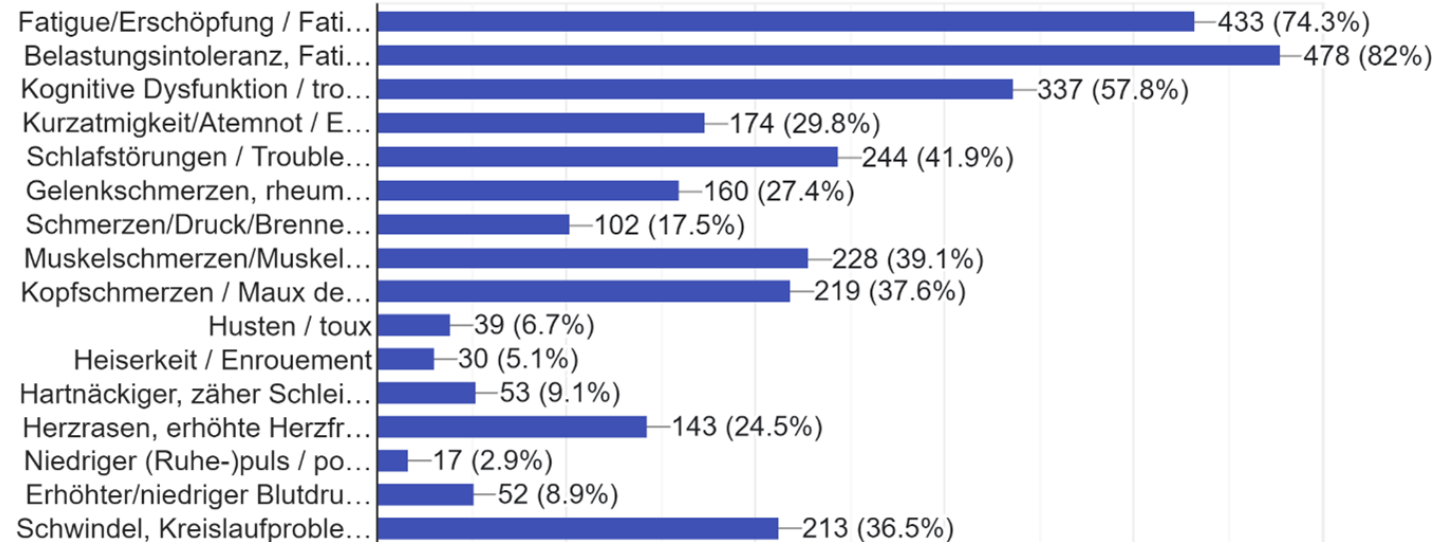
Reinfection should be avoided.

Key symptom: post-exertional malaise

PEM is the most debilitating symptom!

What are the 5 most debilitating symptoms:

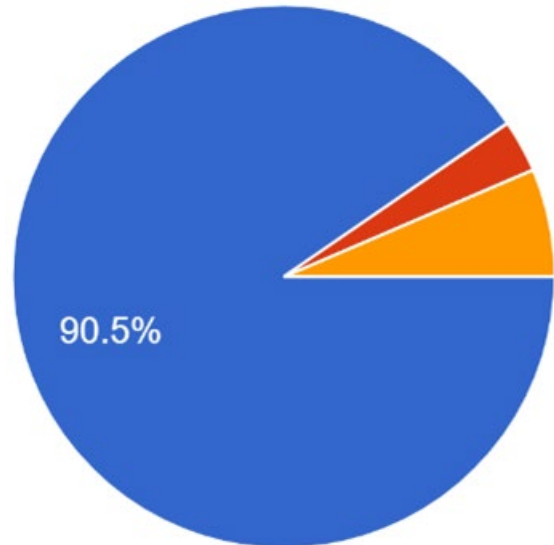
1. 82% Post-exertional malaise
2. 74% Fatigue/exhaustion
3. 58% Cognitive dysfunction
4. 42% Sleep disturbances
5. 39% Muscle pain, weakness
6. 38% Headaches
7. 37% Dizziness, circulatory problems
8. 30% Shortness of breath on exertion
9. 27% Joint pain, rheumatism
10. 25% Palpitations, tachycardia



- The most debilitating symptom is exercise intolerance or post-exertional malaise (PEM), a worsening of symptoms during or after physical or mental overexertion that leads to reduced performance.
- Fatigue or exhaustion comes second, followed by cognitive problems, sleep disturbances, pain and dizziness. Most symptoms worsen with any exertion, hence PEM in 1st place.
- Psychological complaints such as depression (18%) and anxiety (14%) play a minor role.

Post-exertional malaise PEM

Leading symptom of ME/CFS



- Ja / Oui
- Nein / Non
- Ich weiss es nicht / je ne sais pas

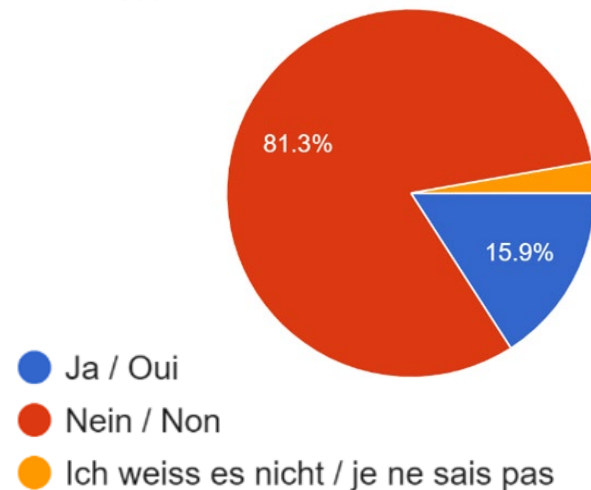
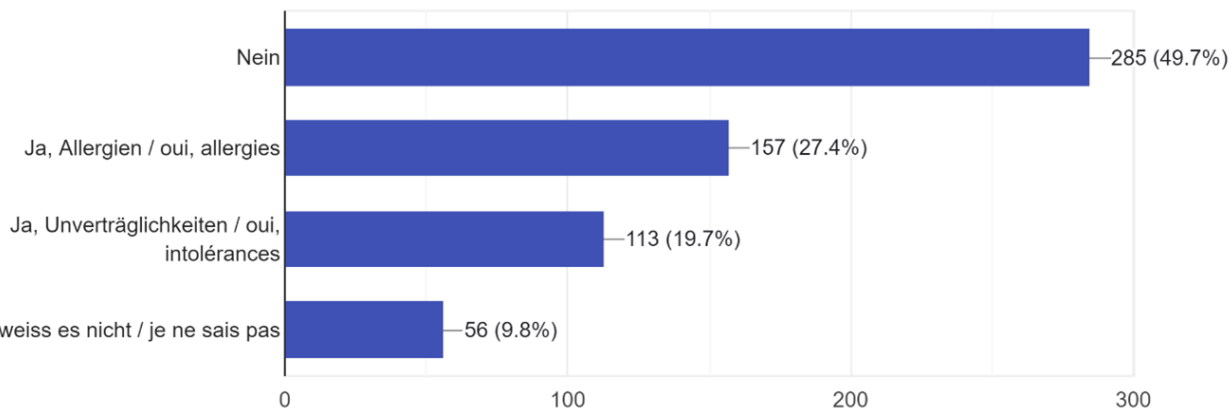
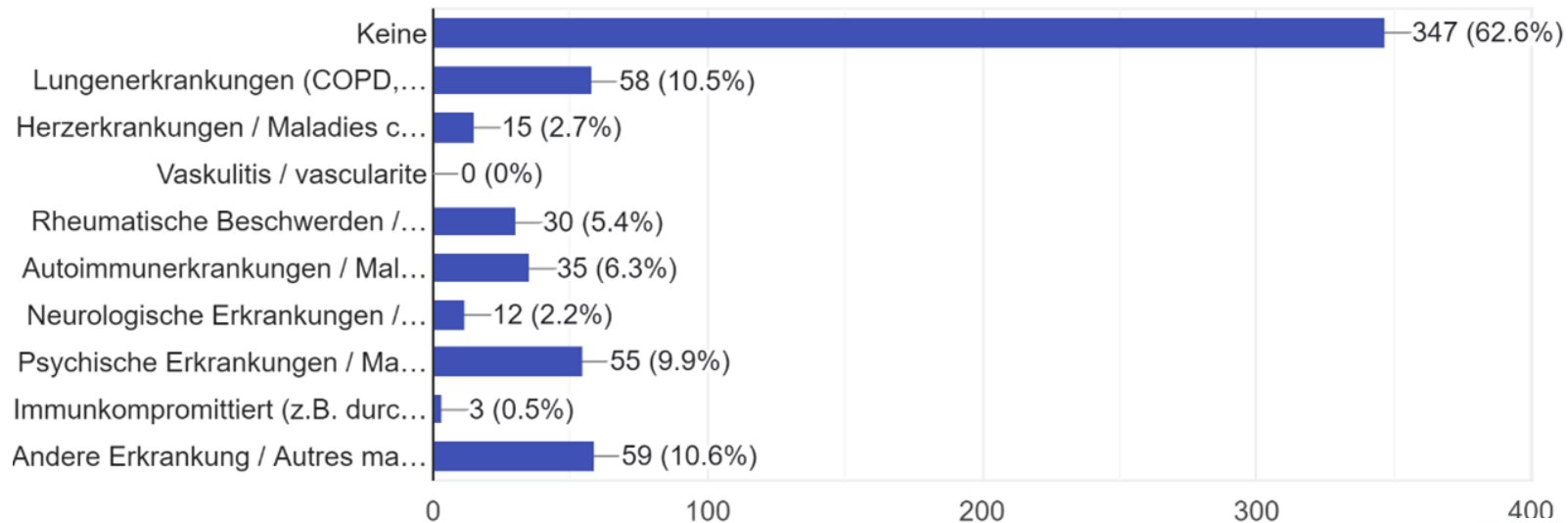
- **At least 90%, 521 people, are affected by post-exertional malaise PEM, i.e. a worsening of symptoms with physical, cognitive or psychological over-exertion.**
- 3.1% or 18 people are not affected, 6.4% or 37 people are not sure.

PEM as key for long covid diagnosis, treatment, prognosis?

- PEM is the leading symptom of ME/CFS, a severe neuroimmunological disease.
- People with PEM often experience symptom worsening and chronicity due to increased activation, especially at or beyond the point of exertion
- Rest and pace are the only proven strategies from a patient perspective and in line with NICE and WHO guidelines.
- At least half of long covid patients meet criteria for ME/CFS, according to studies by the Charité.

Predisposition

Majority without pre-existing diseases



➤ **63% without previous illnesses**

➤ 11% lung

➤ 11% other

➤ 10% psychology

➤ 6.3% autoimmune

➤ 5.4% rheumatism

➤ **27% allergies**

➤ **20% intolerances**

➤ 50% no atopy

➤ **81% without mental illness**

➤ 16% with psych. illnesses

➤ 3% do not know

Health condition (1)

Majority poor

87% (501/578) felt excellent before the disease with self-ratings of 8-10/10, 46% in top condition.

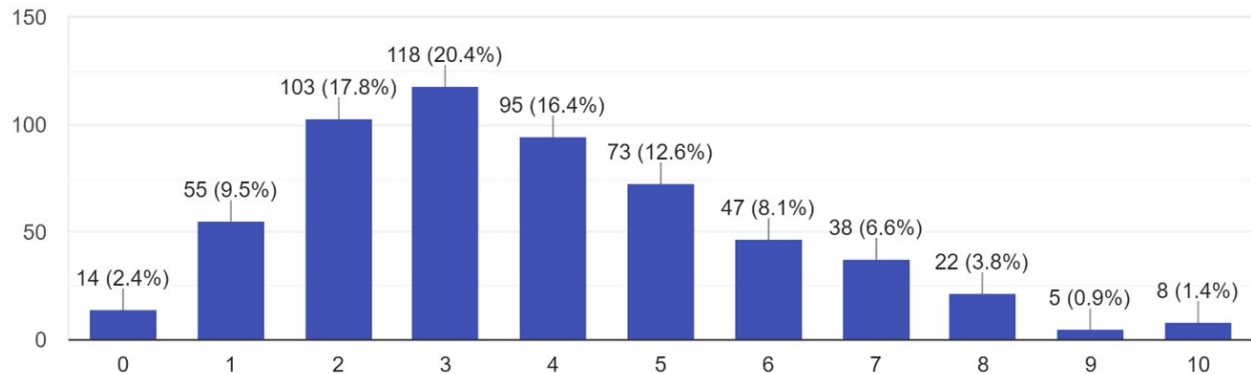
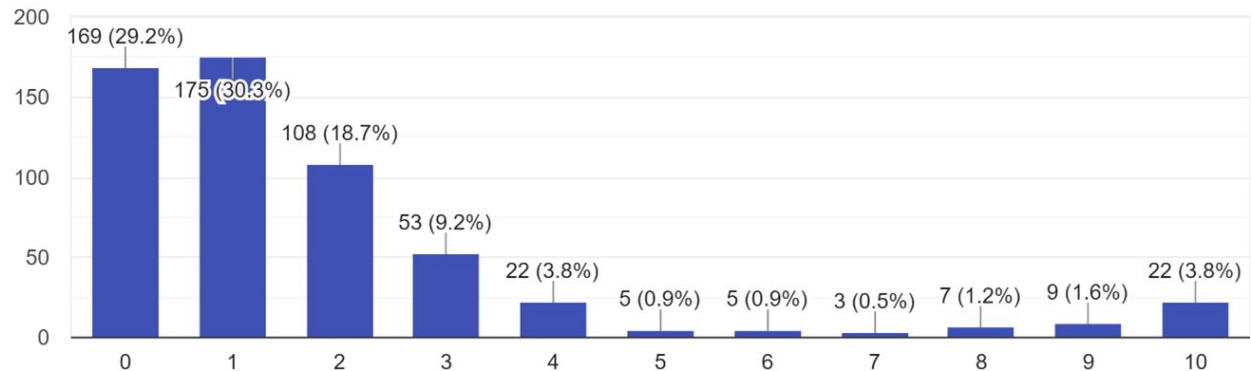
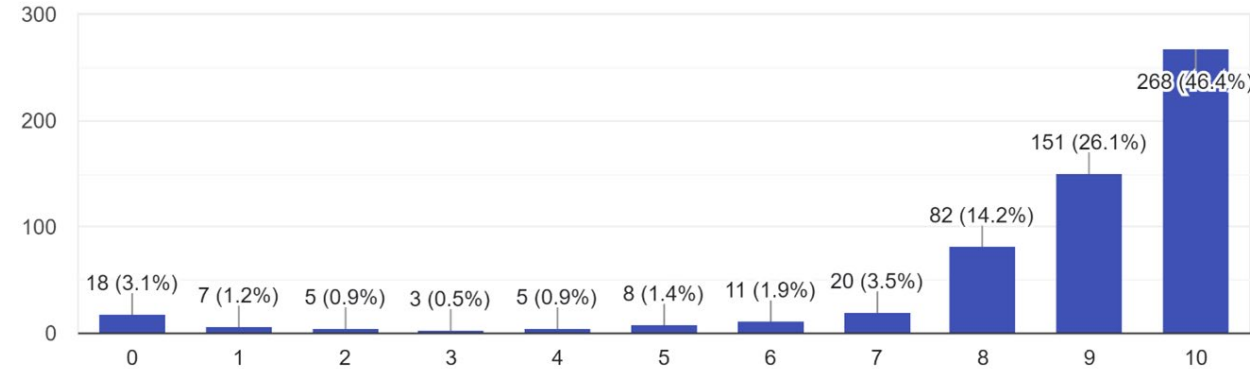
About 5% felt already poor before the disease.

60% (344/578) felt catastrophically bad at the worst moment with 0 or 1 point out of 10.

3.8% (22) felt great even then.

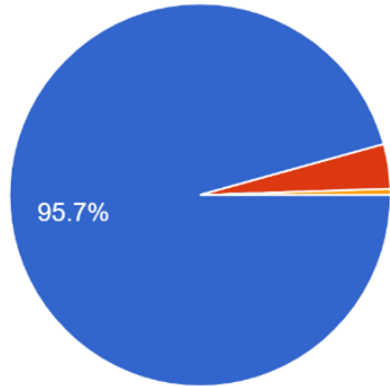
Today, 55% (316/578) give themselves 2 to 4 points, and only 6% or 35 people feel excellent.

A year ago, the majority (52%) still rated their state of health with 3 to 5 points out of 10.

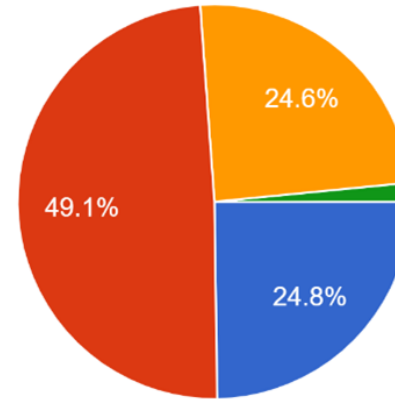


Health condition (2)

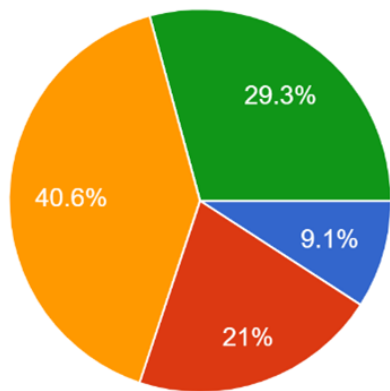
Mobility



- Keine Probleme mich fortzubewegen / Pas de problèmes pour se déplacer
- Mittelmässige Einschränkungen beim Gehen / Limitations modérées de la marche
- Grosse Einschränkungen beim Gehen / Limitations importantes à la marche
- Bettlägrig / Alité



- Keine Probleme mich fortzubewegen / Pas de problèmes pour se déplacer
- Mittelmässige Einschränkungen beim Gehen / Limitations modérées de la marche
- Grosse Einschränkungen beim Gehen / Limitations importantes à la marche
- Bettlägrig / Alité

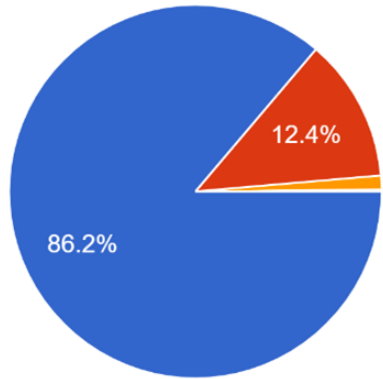


- Keine Probleme mich fortzubewegen / Pas de difficultés à me déplacer
- Mittelmässige Einschränkungen beim Gehen / Limitations modérées de la marche
- Grosse Einschränkungen beim Gehen / Limitations importantes à la marche
- Bettlägrig / Alité

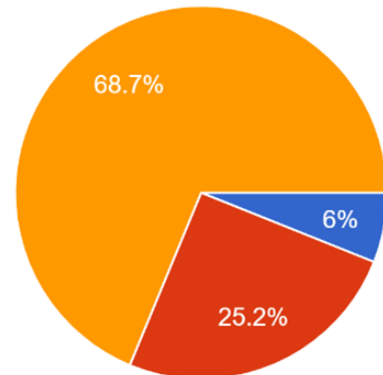
- **96% (558/580) of those affected had no problems getting around beforehand**
- **29% were bedridden at worst, 41% severely, 21% moderately restricted, 9% had no problems**
- **1.5% (9) are now bedridden, 25% are severely limited, 49% moderately limited in mobility. 25% have no problems with mobility.**

Health condition (3)

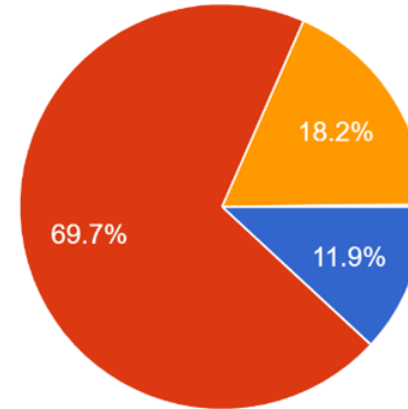
Pain & discomfort



- Ich habe keine Schmerzen und fühle mich wohl. / Je n'ai aucune douleur, je me sens bien.
- Ich habe mittelmässige Schmerzen oder fühle mich oft unwohl. / J'ai des douleurs ou souvent des malaises modérés.
- Ich leide unter starken Schmerzen oder fühle mich schlecht. / Je souffre de for...
- Ich habe keine Schmerzen und fühle mich wohl. / Je n'ai aucune douleur et...



- Ich habe keine Schmerzen und fühle mich wohl. / Je n'ai aucune douleur, je me sens bien.
- Ich habe mittelmässige Schmerzen oder fühle mich oft unwohl. / J'ai des douleurs ou souvent des malaises modérés.
- Ich leide unter starken Schmerzen oder fühle mich schlecht. / Je souffre de fortes douleurs ou je me sens mal.



- Ich habe keine Schmerzen und fühle mich wohl. / Je n'ai aucune douleur, je me sens bien.
- Ich habe mittelmässige Schmerzen oder fühle mich oft unwohl. / J'ai des douleurs ou souvent des malaises modérés.
- Ich leide unter starken Schmerzen oder fühle mich schlecht. / Je souffre de for...
- Ich habe keine Schmerzen und fühle mich wohl. / Je n'ai aucune douleur et...

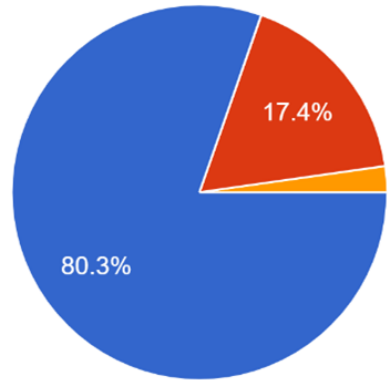
➤ **86% (500/580) of those affected were previously pain-free and felt well**

➤ **69% had severe pain at the worst moment or always felt bad, 25% had moderate pain and often felt bad.**

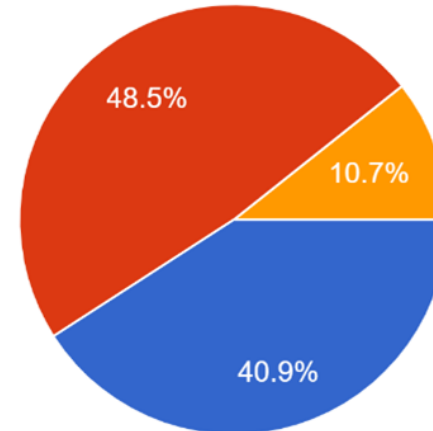
➤ **Today, 70% have moderate pain and 18% have severe pain or feel bad.**

Health condition (4)

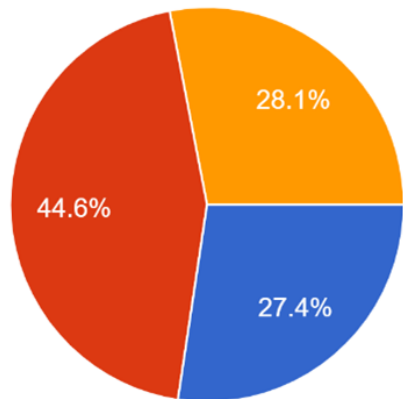
Anxiety/Depression



- Ich habe keine Angst und leide nicht unter Depression. / Je n'ai pas d'anxiété et je ne souffre pas de dépression.
- Ich verspüre gewisse Angstzustände oder fühle mich leicht depressiv. / Je ressens une certaine anxiété ou je me sens légèrement déprimé.
- Ich leide unter Angstzuständen oder fühle mich schwer depressiv. / Je souffre d'anxiété ou je me sens très déprimé.



- Ich habe keine Angst und leide nicht unter Depression. / Je n'ai pas d'anxiété et je ne souffre pas de dépression.
- Ich verspüre gewisse Angstzustände oder fühle mich leicht depressiv. / Je ressens une certaine anxiété ou je me sens légèrement déprimé.
- Ich leide unter Angstzuständen oder fühle mich schwer depressiv. / Je souffre d'anxiété ou je me sens très déprimé.

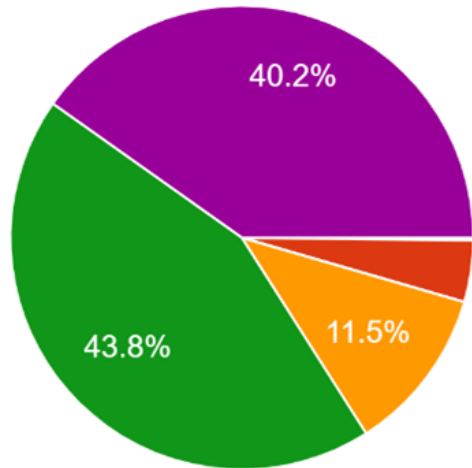


- Ich habe keine Angst und leide nicht unter Depression. / Je n'ai pas d'anxiété et je ne souffre pas de dépression.
- Ich verspüre gewisse Angstzustände oder fühle mich leicht depressiv. / Je ressens une certaine anxiété ou je me sens légèrement déprimé.
- Ich leide unter Angstzuständen oder fühle mich schwer depressiv. / Je souffre d'anxiété ou je me sens très déprimé.

- **80% (466/580) had no anxiety before and did not feel depressed. 17% had mild and 2% severe mental health problems.**
- **At the worst moment, 28% had severe, 45% mild and 27% no mental health problems.**
- **Today, 49% have mild, 11% severe and 41% no mental health problems.**

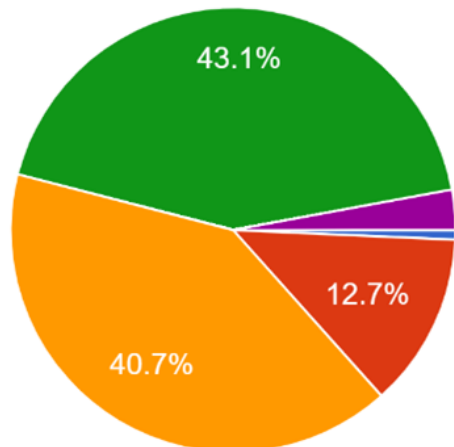
Health condition (5)

Limitations



- Gar nicht / Pas du tout
- Minimal (normal arbeits/schulfähig, Privatleben leicht eingeschränkt) / Minimal (capacité de travail/école normale...)
- Mittel (nur noch teilweise arbeits/schulfähig, Sozial- und Privatleben merklich eingeschränkt)
- Stark (arbeits/schulunfähig oder nur bis 20% arbeits/schulfähig, Privatleben kaum zu bewältigen)
- Bettlägerig, fast keine soziale Kontakte / Alité, presque pas de contacts sociaux

➤ **At the worst moment, 40% (234/582) were bed-bound, 44% severely restricted. Only 12% partially and 4% normally able to work and go to school.**

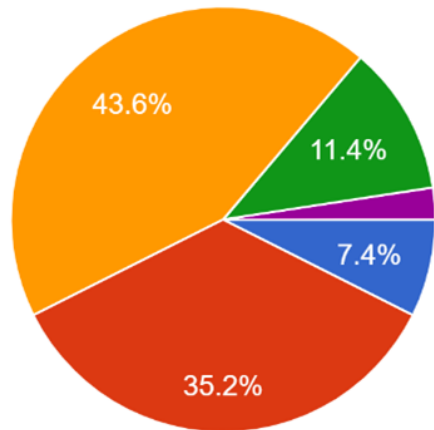


- Gar nicht / Pas du tout
- Minimal (normal arbeitsfähig, Privatleben leicht eingeschränkt) / Minimal (capacité de travail normale...)
- Mittel (nur noch teilweise arbeitsfähig, Sozial- und Privatleben merklich eingeschränkt)
- Stark (arbeitsunfähig oder nur bis 20% arbeitsfähig, Privatleben kaum zu bewältigen)
- Bettlägerig, fast keine soziale Kontakte / Alité, presque pas de contacts sociaux

➤ **Today, 43% are severely and 41% moderately limited in work and school. 13% are normally able to work, 3% are bed-bound.**

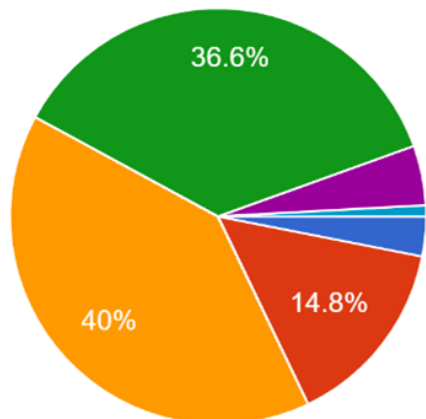
Health condition (6)

Household & Sports



- Keine Einschränkung / Aucune restriction
- Leichte Einschränkung / Légère limitation
- Starke Einschränkung / Forte limitation
- Muss gepflegt werden, braucht Unterstützung von Familie/Freunden. / Doit être aidé, a besoin du soutien de...
- Muss gepflegt werden, braucht externe Unterstützung / Doit être aidé, a beso...

- **44% (253/580) severely and 35% slightly restricted in family life and household.**
- **11% need care from family, 2.4% need external help.**
- **7.4% have no limitation.**

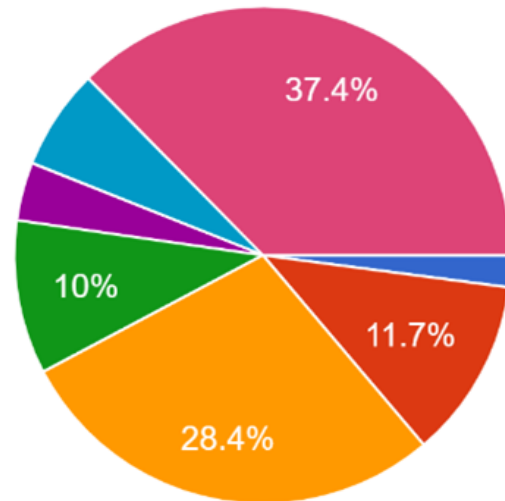


- Keine Einschränkung bei sportlicher Tätigkeit / Aucune restriction de l'activi...
- Leichte Einschränkung der sportlichen Tätigkeit / Légère restriction de l'activit...
- Starke Einschränkung der sportlichen Tätigkeit / Restriction sévère de l'activi...
- Sportliche Tätigkeit nicht möglich, Sportverbot / Activité sportive imposs...
- Keine sportliche Tätigkeit vor Erkrank...
- Ich weiss es nicht. / Je ne sais pas.

- **Impossible to do sports for 37% (213/582) (see PEM and exercise intolerance).**
- **40% severely and 15% slightly limited in sports**
- **4.6% have not done any sport before**
- **3% have no limitation in sport**

Health condition (7)

Course of disease

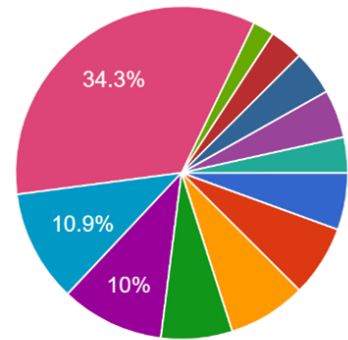


- Starke Verbesserung / Forte amélioration
- Langsame Verbesserung / Lente amélioration
- Stetige kleine Verbesserungen über viele Monate / Petites améliorations c...
- Keine signifikante Veränderung / pas...
- Leichte Verschlechterung / Légère dét...
- Starke Verschlechterung / Forte détéri...
- Es ist kompliziert: Schübe, Symptome...

- **40% (233/580) feel slow steady improvements**
- **37% fluctuate**
- **10% have no change**
- **10% have a worsening of the condition**

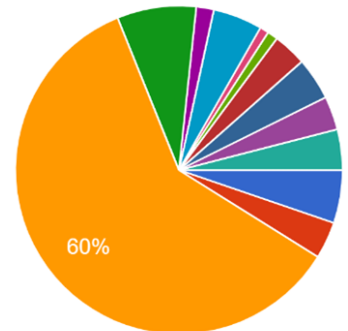
Ability to work

34% are 100% unable to work



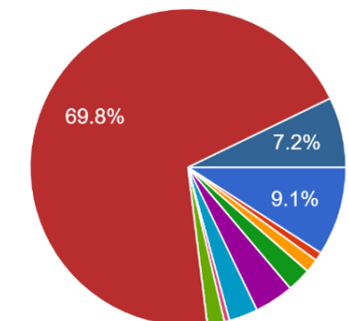
- Voll arbeits/schulfähig (körperliche Tät...
- Voll arbeits/schulfähig (Home Office m...
- Leichte Einschränkung, Arbeit/Schule...
- Leicht reduziertes Pensum (um 10-30...
- Mittelmässig reduziertes Pensum (um...
- Stark reduziertes Pensum (um 51-80...
- Arbeits/schulunfähig, 80%-100% krank...
- Arbeitsunfähig aber nicht krankgeschi...

▲ 1/2 ▼



- Schüler/in / Élève
- Student/in, in Ausbildung / Étudiant/e,...
- Angestellt (Weiterbeschäftigung, Tagg...
- Angestellt (gekündigt aufgrund der Er...
- Nicht erwerbstätig / Sans emploi
- Andere Situation / Autre situation
- Arbeitslos beim RAV / Au chômage à l'...
- Arbeitslos ohne RAV / Au chômage sa...

▲ 1/2 ▼



- Ja, mir wurde gekündigt / Oui, j'ai été l...
- Ja, wurde gezwungen zu künden / Oui...
- Ja, ich wurde aus meinem Job gedrän...
- Ja, ich kündete von mir aus / Oui, j'ai...
- Ich bin/war selbständig erwerbend / J...
- Ich hatte keinen Job (bezahlten) / Je n...
- Ich habe meinen Ausbildungsplatz ver...
- Ich konnte nicht in die gewünschte Sc...

▲ 1/2 ▼

- **34% (198/178) are unable to work or go to school. 28% had to reduce workload** (11% by 50-80 percentage points, 10% by 30-50, 7% by 10-30).
- 20% are able to work, 5.6% fully & 6.9% in home office, 7.6% are slightly restricted. For 18% it is complicated, mostly unable to work but not on sick leave.

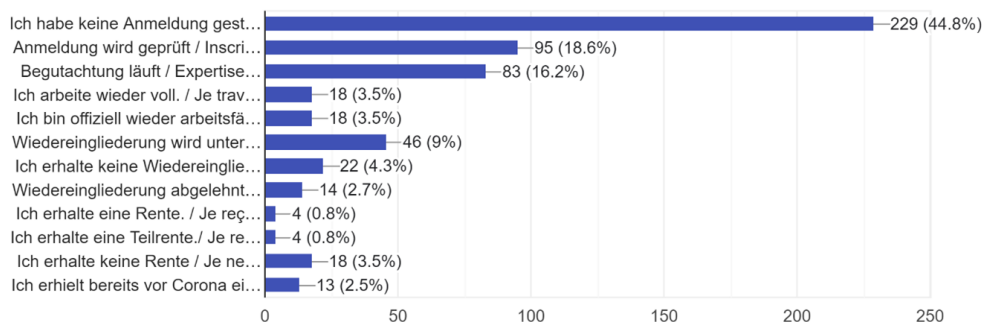
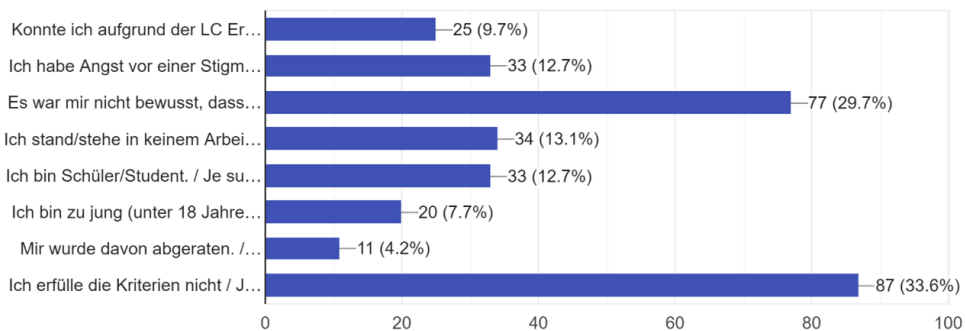
- 68% were employed, 7.5% mostly uninsured self-employed, 5.2% (30) students, 4% AHV/IV pensioners, 3.7% (21) students, 3.3% family woman, 2% unemployed, 1.7% not seeking work.

- 14% (79/573) lost their job, 2.4% "voluntarily".
- 10 students (1.7%) had to repeat the class and 3 young people (0.5%) lost their apprenticeship.

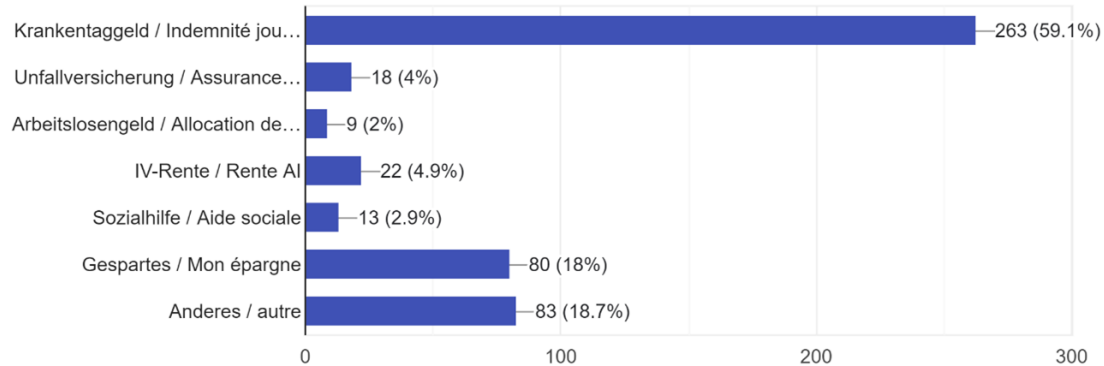
Disability insurance Reintegration



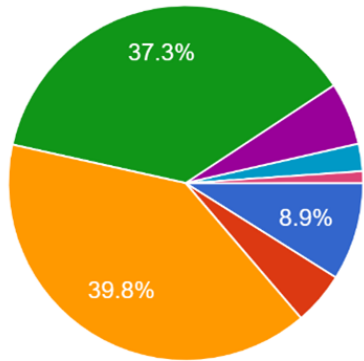
- **50% (285/576) are not registered with the disability insurance. 44% are already and 6.2% plan to enrol.**
- **Non-enrolment: 41% criteria not met, 30% did not know they should, 13% because of stigma, 13% not employed, 13% students, 4.2% were advised against.**
- Almost half (45%, 229/511) are not registered, 19% (95) are under review for registration, 16% (83) are under review for assessment, **3.5% (18) are not receiving benefits.**
- Reintegration is being examined for 9% (46) and has **already been rejected for 7% (36).**
- 3.5% (18) are working full time, **3.5% have been declared fit for work but are sick.**
- 1.6% (8) receive benefits or partial benefits, 2.5% (13) already were on benefits before.



Costs for those affected

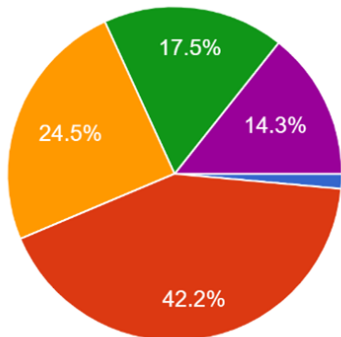


- **59% (263/445) receive daily allowances, 4.9% disability benefits, 4% contributions from accident insurance, 2.9% from social assistance, 2% from the unemployment fund**
- **18% have to tap into savings & 19% had to find other sources**



- Nichts / Rien
- bis ca. 100 / jusqu'à environ 100
- bis ca. 1 000 / jusqu'à environ 1 000
- bis ca. 10 000 / jusqu'à environ 10 000
- über 10 000 / plus de 10 000
- über 30 000 / plus de 30 000
- über 50 000 / plus de 50 000

- **54% (300/561) spent up to CHF 1000, 37% (209) between CHF 1000 and 10,000, and 9.3% (52) over CHF 10,000.**

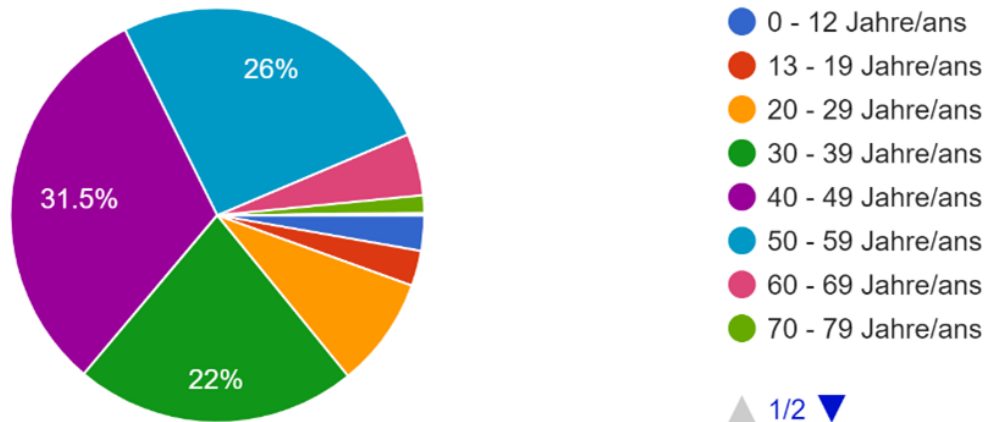


- Mein Einkommen ist höher / Mon revenu est plus élevé
- Mein Einkommen ist gleich hoch wie vor der Erkrankung. / Mon revenu est le même qu'avant la maladie.
- Mein Einkommen hat sich um bis zu 20% verringert. / Mon revenu a diminué de jusqu'à 20%.
- Mein Einkommen hat sich um mehr als 20% verringert. / Mon revenu a diminué de plus de 20%.
- Anderes / autre

- **For 42% (236/559) the income is the same for 25% it is up to 20% lower for 18% it is more than 20% lower.**

Age distribution

Predominantly working age



Long Covid Kids

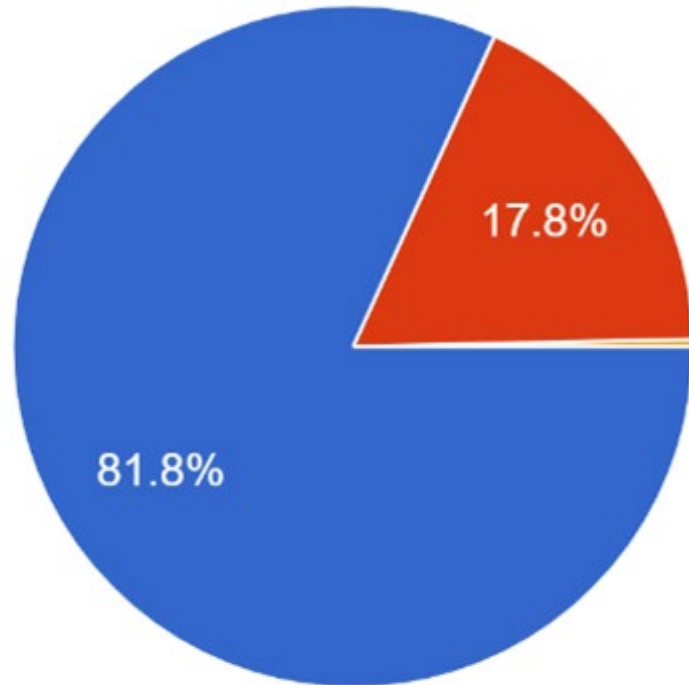
The survey was completed for 16 children under 12 years of age (2.8%) and by 16 young people between 13 and 19 years of age. Children are less affected by Long Covid, usually recover faster than adults and usually have a better prognosis.

Nevertheless, those children affected are often severely ill and no longer able to attend school because of the debilitating symptoms. 10 children had to repeat their class and 3 young people lost their vocational training post. Some already meet criteria for ME/CFS. Their prognosis is not good.

- **80% (462/581) of the respondents were between 30-60 years old.**
 - 8.6% (50) were 20-29 years old
 - 4.8% (28) were in 60-69, 1.4% (8) 70-79
- The demographics are comparable to statistical surveys and epidemiological studies, which show that it is mainly people of working age who are affected by Long Covid.

Risk factor woman

4x higher risk



- Weiblich/femme
- Männlich/homme
- Nichbinär/non-binaire

82% of the respondents were women. Women are 4 times more likely to be affected by long covid than men, according to the survey, although the gender ratio may be smaller in reality.

Men have a less robust immune response to COVID-19 and a higher risk of more severe cases.

Women are more likely to get long covid because they generally have stronger immune systems, and their bodies respond differently to infections. Women develop faster and more robust innate and adaptive immune responses that are more likely to protect them from initial infection and severe courses. However, the same difference **makes them more susceptible to protracted autoimmune-related diseases.**