

Tabla 1. Symptoms diary corresponding to a Long COVID patient from May 17th to July 1st of 2020

		MAY											JUNE																								
Date		14	17	19	20	21	22	25	30	31	1	3	7	8	9	10	11	12	14	15	16	17	20	21	22	23	24	25	26	27	28	29	30	1			
Symptoms																																					
General	Fever	37,8	no	37,7	no	37,7	no	no	no	no	no	no	no	37,4	no	37,7	no	no	no	no	no	no	no	no	no	37,7	no	no	no	no	no	no	no	37,8	no	no	37,8
	Paresthesia	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no		
	Headache	yes	no	yes	no	yes	no	no	no	no	no	no	no	yes	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	yes	yes		
	Abdominal pain	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	not	no	yes	yes	yes	yes	yes			
Gastrointestinal	Abdominal distension	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes			
	Loss of appetite	no	no	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	no	no	no	yes	no	no	no	no	no	no	yes	no	no	no	no	yes	yes	yes	yes			
	Sickness	yes	yes	yes	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	yes	yes	yes	yes	yes	yes			
	Esophagus pain	no	no	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	yes	yes	yes			
	Ageusia	yes	yes	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no			
	Diarrhea	yes			yes						yes	yes	no	yes					yes		yes	yes	yes	yes	yes	yes		yes									
		10	no	no	12	no	no	no	no	no	13	10	8	10	no	no	no	no	6	no	4	6	3	6	4	8	no	9	no	no	no	yes	no	no			
	Urinary/reproductive	Polyuria	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no		
Menstrual disorders		yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no			
Respiratory	Chest pain	8/10	8/10	8/10	8/10	8/10	8/10	8/10	8/10	5/10	6/10	6/10	7/10	7/10	7/10	7/10	5/10	8/10	8/10	6/10	6/10	no	no	3/10	7/10	3/10	no	NO	7/10	7/10	7/10	7/10	6/10				
	Chest tightness	yes	yes	no	no	yes	no	no	yes	yes	no	no	no	no	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	yes	yes	yes	yes	yes	yes	yes	yes			
	Dyspnea	yes	yes	no	yes	yes	no	no	yes	yes	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no		
	Dyssynchrony between rib cage and abdomen while breathing	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no		
Dermatology	Macula	no	no	no	no	no	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no			
	Vesicle	yes	yes	no	no	no	no	no	no	no	no	no	no	no	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no			
	Pruritus	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no			
Neurological	Cognitive blunting	yes	yes	yes	yes	yes	no	no	no	no	no	no	no	no	no	no	no	no	no	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes			
Functionality	Not able to leave the bed for few hours a day	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	no	yes	no	no	no	no	yes	no	no	no	no	no	no	no	yes	yes	no	no	yes	yes	yes	yes	yes			
	Able to sit in a chair	yes	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	no	yes	no	no	no	yes	no	no	no	no	no	no	yes	no	no	no	yes	yes	yes	yes	yes	yes			
	Able to exercise at home	no	no	no	no	no	no	no	no	no	yes	yes	yes	no	no	yes	yes	yes	no	yes	yes	yes	yes	yes	yes	no	yes	no	yes	no	no	no	no	no			
	Able to walk outside the house	no	no	no	no	no	no	no	no	no	yes	no	no	yes	yes	no	yes	yes	yes	yes	yes	yes	yes	yes	yes	no	yes	yes	yes	yes	yes	no	yes	yes			
Treatments	Paracetamol 650mg	3	3	3	3	3	3	3	3	3	3	3	3	3	3	2	2	3	1	3	1	1	1	1	1	1	1	1	1	1	1	1	1	1			
	Ibuprofen 400mg	2	0	1	1	0	0	0	0	0	0	1	0	0	1	0	0	0	0	1	1	1	1	1	0	0	0	0	0	0	0	0	0	0			
	Metamizole 575mg	2	2	2	2	2	2	2	2	2	2	1	2	2	1	2	2	1	1	1	1	1	1	0	0	0	1	0	1	2	3	2	3	2			
	Salbutamol inhalaat	2	2	2	2	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
	Montelukast 10mg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1			
	Prednisone mg	15	15	10	10	10	10	10	10	10	5	5	5	5	5	5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5	2,5			
	Famotidine 20mg	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1			
	Azithromycine 500mg	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
	Hydroxochloroquine	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			
	Probiotics	0	0	0	0	0	0	0	0	1	1	1	1	1	1	1	1	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0			

Fever is shown in degrees Celsius

When diarrhea occurred, number of stools /(per) day are specified in the table

In the chest pain section, pain score is shown on a scale from 0 to 10

The red column corresponds to those labelled by the patient as "Stormy days"