

# DOES YOUR LONG COVID PATIENT HAVE ME/CFS?

## Long COVID and ME/CFS Symptoms\* Overlap

**G93.32** ME/CFS      **U09.9** LONG COVID

Fatigue	✓	✓
Post-Exertional Malaise	✓	✓
Headaches	✓	✓
Sleep Disorder	✓	✓
Impaired Reasoning	✓	✓
Impaired Memory	✓	✓
Impaired Attention	✓	✓
Secondary Depression	✓	✓
Reduced Activity	✓	✓
Myalgia/Arthralgia	✓	✓
Muscle Weakness	✓	✓
Hot and Cold Spells	✓	✓
Poor Appetite	✓	✓
Orthostatic Intolerance	✓	✓
Palpitations	✓	✓
Breathlessness	✓	✓
Nausea and Diarrhea	✓	✓
Chills	✓	✓
Cough	✓	✓
Decreased Smell & Taste	✓	✓
Rash & Hair Loss	✓	✓
Painful Lymph Nodes	✓	✓
Chemical Sensitivities	✓	✓
Tinnitus	✓	✓

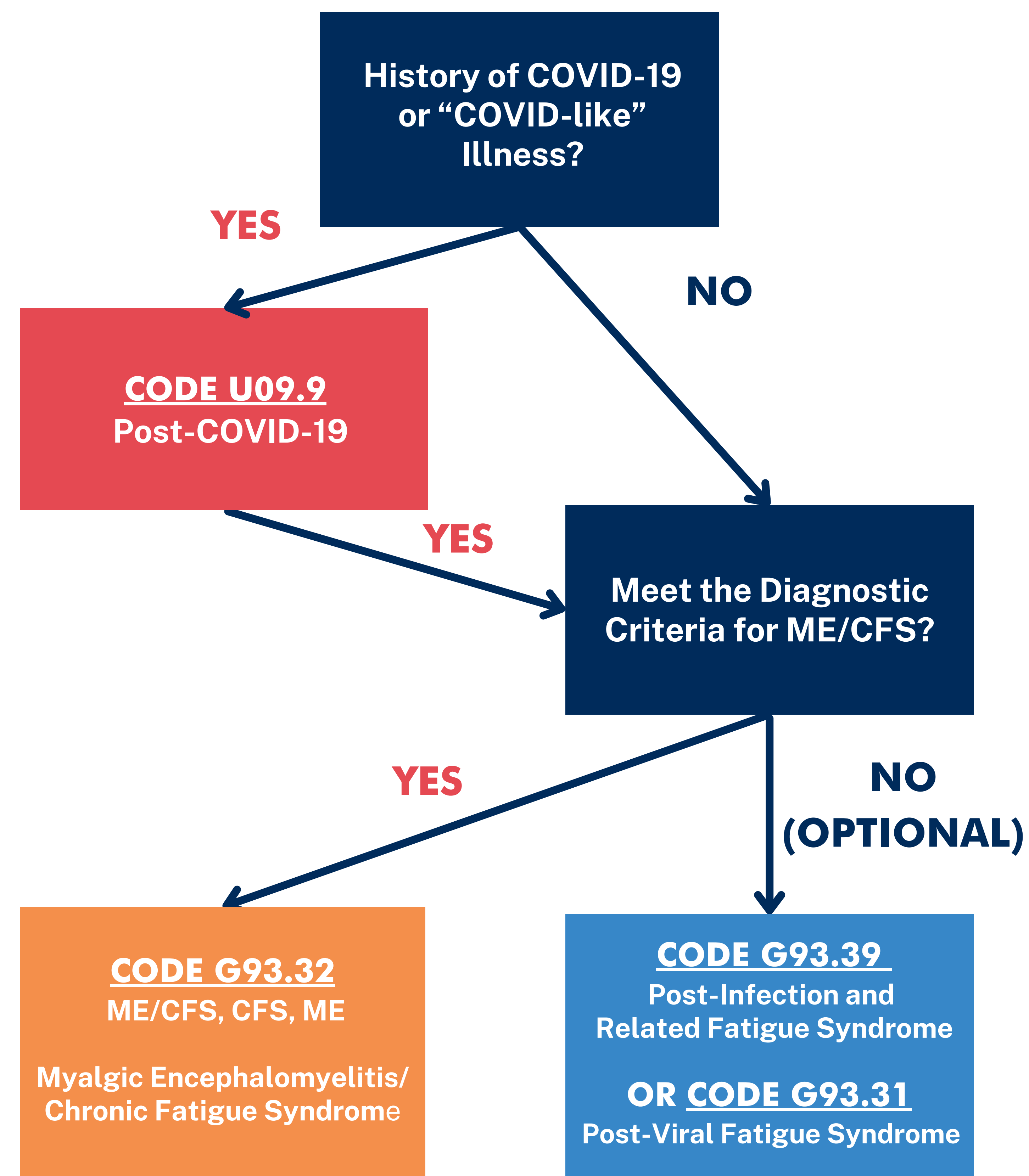
\*Symptoms in the shaded rows are diagnostic for ME/CFS

Adapted from:  
Wong TL, Weitzer DJ. Long COVID and Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS): A Systemic Review and Comparison of Clinical Presentation and Symptomatology. Medicina (Kaunas). 2021 Apr 26;57(5):418. doi: 10.3390/medicina57050418. PMID: 33925784; PMCID: PMC8145228.

## Screen All Long COVID Patients for ME/CFS

### PATIENT PRESENTS WITH:

- ✓ Fatigue and other symptoms > 6 months
- ✓ Symptoms significantly impact daily life



~50% of Long COVID patients may qualify for diagnosis of ME/CFS

## Key Takeaways:

- ✓ Screen for ME/CFS. If the patient qualifies, ADD the code for ME/CFS
- ✓ ICD Codes are important!
  - Insurance coverage
  - Disease tracking

## Major ME/CFS Symptoms Required for Diagnosis



**1** SUBSTANTIAL REDUCTION OF NORMAL FUNCTION Accompanied by fatigue lasting for longer than six months



**2** POST-EXERTIONAL MALAISE (PEM) Relapse of illness symptoms following normal activity



**3** UNREFRESHING SLEEP OR OTHER SLEEP ISSUES Not attributed to sleep apnea or other other cause



**4** AND AT LEAST ONE OF THE FOLLOWING:  
1. Cognitive impairment  
2. Orthostatic intolerance

\*These symptoms should be present at least half of the time and be of moderate or greater intensity

### OTHER SYMPTOMS

- ✓ Chronic or recurrent pain and headaches
- ✓ Nonspecific immune or infection manifestations

Source:

Committee on the Diagnostic Criteria for Myalgic Encephalomyelitis/Chronic Fatigue Syndrome; Board on the Health of Select Populations; Institute of Medicine. Beyond Myalgic Encephalomyelitis/Chronic Fatigue Syndrome: Redefining an Illness. Washington (DC): National Academies Press (US); 2015 Feb 10. PMID: 25695122.



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