

## Supplementary File 1

### M-COVID Research Symptom Checklist

The following symptoms have been found to be associated with COVID-19 from a logistic regression of over 2.4m UK-based responders using the COVID Symptom study smartphone app-based symptom tracker (Zoe Global, Kings College London, UK)[1]. As a result, it is proposed that each of these 10 symptoms are asked about at each research visit (listed in order of strength of association):

1. Loss of smell (anosmia)
2. Skipped meals
3. Fatigue
4. Fever
5. Persistent cough
6. Diarrhoea
7. Hoarse voice
8. Shortness of breath
9. Abdominal pain
10. Chest pain

In addition DMRC has drawn up a list of potential prolonged COVID-19 symptoms that can reasonably be expected to be the focus of rehabilitation requirements based on the Stanford Hall consensus statement[2]. In addition to the 10 symptoms above the following should be asked about at each research visit:

11. Sore throat
12. Runny nose
13. Muscle aches
14. Joint pain
15. In addition to SOB above SOB i. at rest ii. On mild activity iii. On moderate activity
16. Exercise intolerance defined further by estimated walking distance or number of flights of stairs
17. Headache
18. Dizziness
19. Generalised weakness
20. Localised motor weakness
21. Localised numbness/hypersensitivity
22. Localised pain
23. Widespread pain recording best and worst pain and pain character (aching, throbbing, shooting, stabbing, burning, tender deep, squeezing)
24. Difficulty swallowing
25. Weight loss
26. Difficulty getting to sleep
27. Difficulty staying asleep
28. Nightmares
29. Low mood
30. Anxiety
31. Poor memory
32. Poor concentration
33. Poor attention
34. Confusion
35. Palpitations
36. Syncope

## References to supplementary file 1.

1. Menni, C., et al., *Real-time tracking of self-reported symptoms to predict potential COVID-19*. Nature Medicine, 2020.
2. Barker-Davies, R.M., et al., *The Stanford Hall consensus statement for post-COVID-19 rehabilitation*. British Journal of Sports Medicine, 2020: p. bjsports-2020-102596.