

Supplemental Material S1.

Links to websites where the information about the study was distributed.

<https://www.kaunoklinikos.lt/apie-mus/naujienos/covid-19-liga-kokie-pozymiai-ir-liekamieji-reiskiniai-labiausiai-vargina-lietuvius.html>

https://www.facebook.com/groups/Virusas/?multi_permalink=648288256333847

https://www.facebook.com/groups/1994091020875362/?multi_permalink=3124472811170505 (closed)

<https://www.facebook.com/groups/159021887526863>

https://www.facebook.com/groups/412929278885515/?multi_permalink=2097940567051036 (closed)

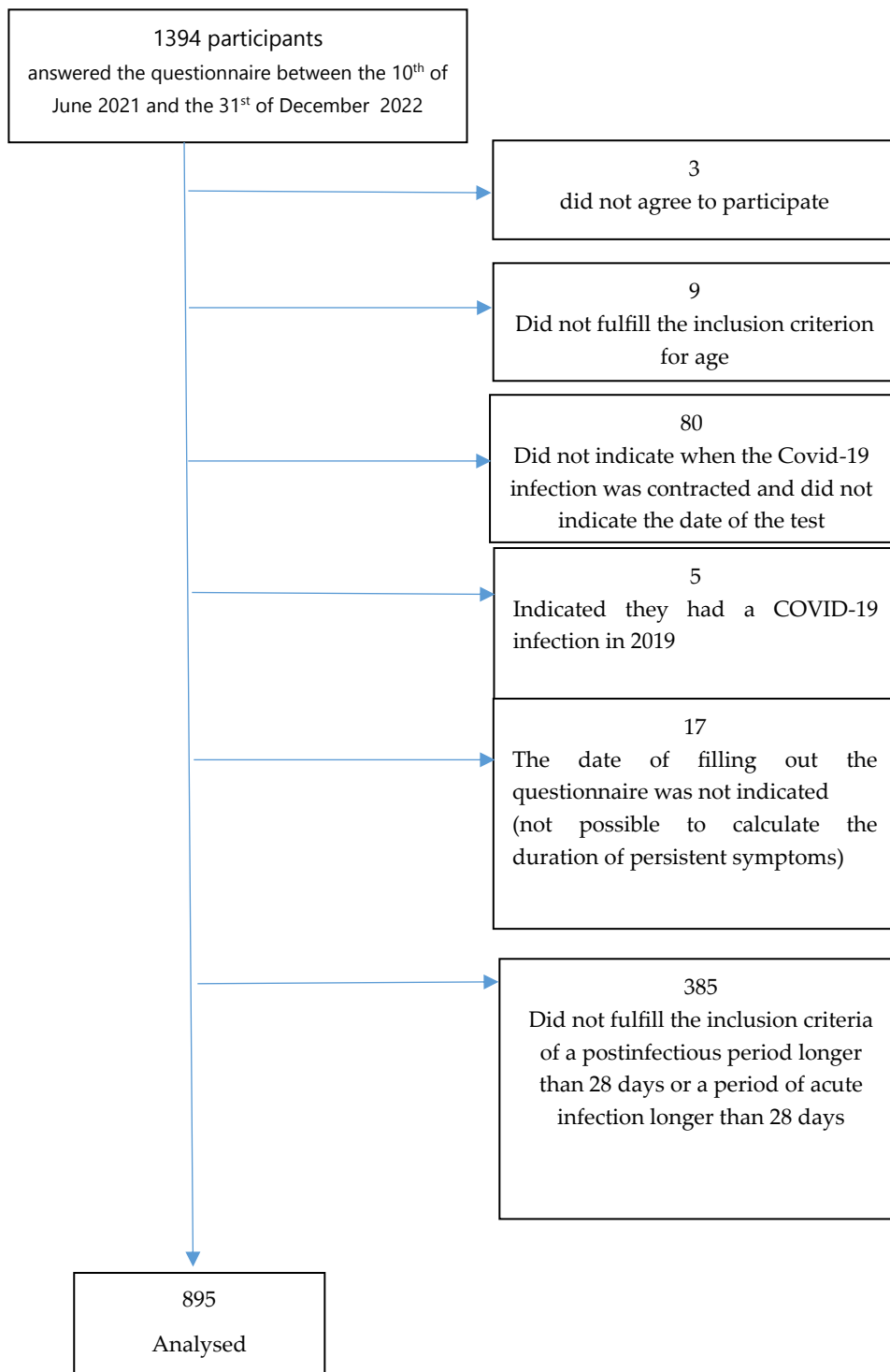
<https://www.facebook.com/groups/3495414077220547>

<https://www.facebook.com/groups/lietuvos.mamyciu.turgelis>

<https://www.facebook.com/groups/1312138168987450>

<https://www.facebook.com/groups/371615077313631>

Survey of participants.



Supplemental Material S2. Persistent symptoms in 895 participants are presented as numbers and percentages in a whole cohort and among those reported as “healthy” and “unhealthy” prior the infection. The data show all persistent symptoms “healthy” vs “unhealthy” prior acute SARS-CoV-2 infection. Differences between these two latter groups are presented in p-values and p-value lower than 0.05 is indicated in a bold style.

| | All N=895 (%) | “Healthy” N=473 (52.8%) | “Unhealthy” N=422 (47.2%) | Statistics |
|--|------------------|-------------------------------|---------------------------------|-------------------|
| 1. Decrease in physical capacity/absence of strength (N1) | 479 (53.5%) | 231 (25.8%) | 248 (27.7%) | p=0.002 |
| 2. General fatigue (N2) | 478 (53.4%) | 241 (26.9%) | 237 (26.5%) | p=0.068 |
| 3. Memory disorders (N3) | 425 (47.5%) | 207 (23.1%) | 21 (24.4%) | p=0.011 |
| 4. Disorders of attention, concentration, concentration (N4) | 356 (39.8%) | 175 (19.6%) | 181 (20.2%) | p=0.042 |
| 5. Partial/total loss of smell (Th1) | 270 (30.2%) | 136 (15.2%) | 134 (15.0%) | p=0.183 |
| 6. Headache (Cp1) | 259 (28.9%) | 124 (13.9%) | 135 (15.1%) | p=0.034 |
| 7. Palpitations/tachycardia/arrhythmia (C1) | 257 (28.7%) | 103 (11.5%) | 154 (17.2%) | p<0.001 |
| 8. Hair loss (S1) | 254 (28.4%) | 114 (12.7%) | 140 (15.6%) | p=0.002 |
| 9. Mood swings (sadness, confusion, irritability) (P1) | 237 (26.5%) | 129 (14.4%) | 108 (12.1%) | p=0.311 |
| 10. Insomnia (N5) | 212 (23.7%) | 93 (10.4%) | 119 (13.3%) | p=0.002 |
| 11. Head dizziness (N6) | 197 (22.0%) | 100 (11.2%) | 97 (10.8%) | p=0.279 |
| 12. Body/muscle/bone/joint pain (Cp2) | 184 (20.6%) | 60 (6.7%) | 124 (13.9%) | p<0.001 |
| 13. Various migrating/distressing pains in the body where it is difficult to pinpoint one specific painful place (Cp3) | 179 (20.0%) | 70 (7.8%) | 109 (12.2%) | p<0.001 |
| 14. Anxiety (P2) | 173 (19.3%) | 87 (9.7%) | 86 (9.6%) | p=0.252 |
| 15. Shortness of breath/labored breathing (L1) | 171 (19.1%) | 66 (7.4%) | 105 (11.7%) | p<0.001 |
| 16. "Brain fog", heavy head, back pain (N7) | 158 (17.7%) | 81 (9.1%) | 77 (8.6%) | p=0.362 |
| 17. Night sweats (N8) | 154 (17.2%) | 58 (6.5%) | 96 (10.7%) | p<0.001 |
| 18. Excessive/unusual sleepiness (N9) | 152 (17.0%) | 74 (8.3%) | 78 (8.7%) | p=0.149 |

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| 19. Chest pain/pressure (C2) | 148 (16.5%) | 67 (7.5%) | 81 (9.1%) | p=0.027 |
| 20. Partial/total loss of taste (Th2) | 136 (15.2%) | 72 (8.0%) | 62 (7.2%) | p=0.528 |
| 21. Lower back pain (Cp4) | 133 (14.9%) | 50 (5.6%) | 83 (9.3%) | p<0.001 |
| 22. Blurred vision (V1) | 127 (14.2%) | 50 (5.6%) | 77 (8.6%) | p<0.001 |
| 23. Fluctuating symptoms (some come and go) (O1) | 109 (12.2%) | 44 (4.9%) | 65 (7.3%) | p=0.004 |
| 24. Balance/equilibrium disorders (N10) | 108 (12.1%) | 45 (5.0%) | 63 (7.0%) | p=0.009 |
| 25. "Dry" eyes (V2) | 105 (11.7%) | 42 (4.7%) | 63 (7.0%) | p=0.003 |
| 26. Others Sleep consents (N11) | 102 (11.4%) | 43 (4.8%) | 59 (6.6%) | p=0.014 |
| 27. Increased blood pressure (C3) | 102 (11.4%) | 27 (3.0%) | 75 (8.4%) | p<0.001 |
| 28. Reflux/heartburn (G1) | 100 (11.2%) | 42 (4.7%) | 58 (6.5%) | p=0.014 |
| 29. Dry throat/"lump" in the throat (Th3) | 97 (10.8%) | 40 (4.5%) | 57 (6.4%) | p=0.010 |
| 30. Dry, flaky skin (S2) | 90 (10.1%) | 38 (4.2%) | 52 (5.8%) | p=0.022 |
| 31. Hearing impairment (tinnitus/tinnitus/jamming) (N12) | 87 (9.7%) | 32 (3.6%) | 55 (6.1%) | p=0.001 |
| 32. Hand numbness/cold/pain/swelling (N13) | 84 (9.4%) | 29 (3.2%) | 55 (6.1%) | p<0.001 |
| 33. Blinking/blinking in the eyes (V3) | 83 (9.3%) | 38 (4.2%) | 45 (5.1%) | p=0.108 |
| 34. Feet numbness/cold/swelling/pain (N14) | 83 (9.3%) | 27 (3.0%) | 56 (6.3%) | p<0.001 |
| 35. Weight gain (E2) | 82 (9.2%) | 29 (3.2%) | 53 (5.9%) | p<0.001 |
| 36. Cramps/twitches in various muscles of the body (N15) | 79 (8.8%) | 32 (3.6%) | 47 (5.3%) | p=0.014 |
| 37. Dry cough (L2) | 77 (8.6%) | 42 (4.7%) | 35 (3.9%) | p=0.424 |
| 38. Upper back/neck pain (Cp5) | 74 (8.3%) | 20 (2.2%) | 54 (6.0%) | p<0.001 |
| 39. Other neuralgic pains (Cp6) | 63 (7.0%) | 16 (1.8%) | 47 (5.3%) | p<0.001 |
| 40. Various skin rashes (S3) | 62 (6.9%) | 25 (2.8%) | 37 (4.1%) | p=0.028 |
| 41. Congested/runny nose (Th4) | 62 (6.9%) | 26 (2.9%) | 36 (4.0%) | p=0.049 |
| 42. Fear (P3) | 62 (6.9%) | 34 (3.8%) | 28 (3.1%) | p=0.424 |
| 43. Diarrhea/constipation (G2) | 61 (6.8%) | 25 (2.8%) | 36 (4.0%) | p=0.037 |
| 44. Cough/sputum production (L3) | 61 (6.8%) | 27 (3.0%) | 34 (3.8%) | p=0.104 |
| 45. Excessive/constant thirst (E3) | 57 (6.4%) | 27 (3.0%) | 30 (3.4%) | p=0.236 |
| 46. Lack of appetite (E4) | 56 (6.3%) | 25 (2.8%) | 31 (3.5%) | p=0.129 |
| 47. Sore throat (Th5) | 50 (5.6%) | 18 (2.0%) | 32 (3.6%) | p=0.010 |
| 48. Nausea (G3) | 50 (5.6%) | 25 (2.8%) | 25 (2.8%) | p=0.393 |

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| 49. Painful/sensitive scalp (S4) | 47 (5.3%) | 16 (1.8%) | 31 (3.5%) | p=0.006 |
| 50. Weight loss (E5) | 44 (4.9%) | 23 (2.6%) | 21 (2.3%) | p=0.529 |
| 51. Mouth sores/ulcers (Th6) | 34 (3.8%) | 13 (1.5%) | 21 (2.3%) | p=0.059 |
| 52. Kidney pains/urination problems (O2) | 32 (3.6%) | 11 (1.2%) | 21 (2.3%) | p=0.025 |
| 53. Decreased blood pressure (C4) | 31 (3.5%) | 16 (1.8%) | 15 (1.7%) | p=0.516 |
| 54. Prolonged elevated body temperature (E6) | 31 (3.5%) | 17 (1.9%) | 14 (1.6%) | p=0.484 |
| 55. Pain in the nasal area (Th7) | 30 (3.4%) | 11 (1.2%) | 19 (2.1%) | p=0.052 |
| 56. Anaemia (O3) | 28 (3.1%) | 12 (1.3%) | 16 (1.8%) | p=0.188 |
| 57. Chills without fever (E7) | 27 (3.0%) | 13 (1.5%) | 14 (1.6%) | p=0.381 |
| 58. Abnormally low body temperature (E8) | 21 (2.3%) | 10 (1.1%) | 11 (1.2%) | p=0.395 |
| 59. Changed salivation (Th8) | 20 (2.2%) | 7 (0.8%) | 13 (1.5%) | p=0.082 |
| 60. Other symptoms (record if you didn't find the right one) (O4) | 19 (2.1%) | 8 (0.9%) | 11 (1.2%) | p=0.237 |
| 61. Fever/ chills (E9) | 18 (2.0%) | 6 (0.7%) | 12 (1.3%) | p=0.075 |
| 62. Inflammations/infections of other body organs/body systems (O5) | 18 (2.0%) | 6 (0.7%) | 12 (1.3%) | p=0.075 |
| 63. Eye inflammation/ "barley" (V4) | 14 (1.6%) | 6 (0.7%) | 8 (0.9%) | p=0.313 |
| 64. Vomiting (G4) | 4 (0.4%) | 1 (0.1%) | 3 (0.3%) | p=0.271 |

Abbreviations for remaining symptoms related to: N – nervous system (15 symptoms); Ch-chronic pain (6 symptoms); Th – throat, nose and ear (8 symptoms); C – cardiovascular (4 symptoms); P – psychological (3 symptoms); S – skin (4 symptoms); L – lung (3 symptoms); E- endocrine (9 symptoms); G- gastrointestinal (3 symptoms); V – vision and eyes (4 symptoms); O- others (5 symptoms).

Supplemental Material S3. Principles of grouping comorbidities.

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| HEART DISEASES: <ul style="list-style-type: none"> • Arterial hypertension/hypotension • Arrhythmia • Tachycardia • Heart failure • Pericarditis | ENDOCRINE DISEASES: <ul style="list-style-type: none"> • Diabetes mellitus • Hypothyroidism/Hyperthyroidism • Obesity • Other metabolic diseases | PSYCHIATRIC DISEASES: <ul style="list-style-type: none"> • Anxiety • Depression • Other/various psychiatric disorders |
| DISEASES OF THE NERVOUS SYSTEM: <ul style="list-style-type: none"> • Sleep disorders • Migraine • Headache • Chronic pain syndrome • Various neuralgias, radiculopathy | DISEASES OF THE DIGESTIVE SYSTEM: <ul style="list-style-type: none"> • Inflammation of the digestive tract • Liver function disorders • Reflux • Ulcers | SKIN DISEASES: <ul style="list-style-type: none"> • Allergies • Rashes • Psoriasis • Dry, sensitive skin |
| RHEUMATIC/INFLAMMATORY DISEASES: <ul style="list-style-type: none"> • Various arthritis • Inflammation of the joints • Bone/joint/muscle pain | RESPIRATORY SYSTEM DISEASES: <ul style="list-style-type: none"> • Pneumonia • Bronchitis • Asthma • Other lung diseases | KIDNEY DISEASES: <ul style="list-style-type: none"> • Kidney failure • Inflammations |
| | OTHER: <ul style="list-style-type: none"> • Anemia • Visual disturbances • Lack of vitamins/micronutrients • Coagulation disorders | |

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| | <ul style="list-style-type: none"> • Various unspecified inflammations/diseases | |
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Supplemental Material S4. Principles of grouping medication.

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| Drugs acting on the cardiovascular system | <ul style="list-style-type: none"> • Anti-arrhythmic • Anti-hypertensive • Anti-hypotensive • Regulating blood circulation: <ul style="list-style-type: none"> • anti-anemics • statins • anti-thrombotic |
| Supplements/vitamins | <ul style="list-style-type: none"> • Vitamins • Supplements • Micro elements |
| Anti-asthmatic drugs | <ul style="list-style-type: none"> • Anti-asthmatics • Inhalers |
| Nonsteroidal anti-inflammatory drugs and antibiotics | <ul style="list-style-type: none"> • NSAIDs • Antibiotics |
| Drugs acting on the endocrine system | <ul style="list-style-type: none"> • Various hormones • Glucocorticoids • Anti-diabetics |
| Psychopharmacological drugs | <ul style="list-style-type: none"> • Psycholeptics • Psychoanaleptics • Antidepressants |
| Drugs acting on the gastrointestinal tract | <ul style="list-style-type: none"> • Anti-reflux |
| Other | <ul style="list-style-type: none"> • Anti-tumor • Anti-allergic • Homeopathic • Other unspecified |

Names of drugs as indicated in the survey.

| DRUGS ACTING ON THE CARDIOVASCULAR SYSTEM | |
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| Anti-hypertensive | <ul style="list-style-type: none"> • Agen (<i>amlodipine</i>) • Amlodipine • Betalok (<i>metoprolol</i>) • Cosimprel (<i>perindopril and bisoprolol</i>) • Kaptopril • Lisinopril • Metoprololum (<i>metoprolol</i>) • Nebilet (<i>nebivolol</i>) • Nebivololum • Noliprelis (<i>perindopril and indapamide</i>) • Tarka (<i>trandolapril and verapamil</i>) • Ramiprilum • Valsakombi (<i>valsartan and hydrochlorthiazide</i>) • Valsartanum • Viacorma (<i>perindopril and amlodipine</i>) • Zovanat (<i>meldonium</i>) • Trental (<i>pentoxifylline</i>) • Preductal (<i>trimetazidine</i>) |

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| | <ul style="list-style-type: none"> • Mildronat (<i>meldonium</i>) • Ivabradin • Implicor (<i>metoprolol and ivabradine</i>) • Others: antihypertensive |
| Anti-arrhythmics | <ul style="list-style-type: none"> • Rhythmonorm (<i>propafenone</i>) • Others: drugs regulating heart pulse |
| Anticoagulants | <ul style="list-style-type: none"> • Apixabanum • Aspirine (<i>acetylsalicylic acid</i>) • Eliquim (<i>apixabanum</i>) • Trombo (<i>acetylsalicylic acid</i>) • Xarelto (<i>rivaroxabanum</i>) • Anti-thrombosis (<i>acetylsalicylic acid</i>) |
| Anti-anaemics | <ul style="list-style-type: none"> • Tardiferon |
| Statins | <ul style="list-style-type: none"> • Atoris (<i>atorvastatinum</i>) |
| Anti-vertigo | <ul style="list-style-type: none"> • Betahistine • Betaserc (<i>betahistine</i>) • Reducing dizziness |
| SUPPLEMENTS/ VITAMINS | |
| Vitamins | <ul style="list-style-type: none"> • A, B, C, D, E, • Vit. Oxylyc • Vit. against hair loss • Vit. for energy • Vit. To strengthen immunity • Milgamma (<i>benfotiamine/piridoksin/cyanocobalamin</i>) • Multivitamins • Minerals • Neurorubine (<i>tiamine/piridoksin/ cyanocobalamin</i>) • Well women (<i>multivitamin for women</i>) • Vitamins • Others: neuro-injection ampulle |
| Supplements and OTC drugs | <ul style="list-style-type: none"> • Antioxidants • Arthryl (<i>glucosamine sulfate</i>) • Aterolip (<i>red yeast fermented rice powder</i>) • Astaksantin • Atlant (<i>collagen/ vitamin C, calcium</i>) • Atmosil (<i>food supplement with herbal extracts, pterostilbene, quercetin, lycopene and algae</i>) • Beauty Collagen • Biozink • Cantalin (<i>diosmin/hesperidin</i>) • Cardiopill (<i>vitamin C/ CoQ 10</i>) • Carsil (<i>silimarin</i>) • Cerebrum Compositum (<i>cerebrum suis, embryo suis, hepar suis, placenta suis, kalium phosphoricum, selenium, thuja, ignatia, bothrops lanceolatus, acidum phosphoricum, china, manganum phosphoricum, magnesium phosphoricum, anacardium, conium, luesinum-</i> |

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| | <p><i>nosode, medorrhinum-nosode, hyoscyamus, aconitum, cocculus, ambra, sulfur, kalium bichromaticum, gelsemium, ruta, arnica, aesculus)</i></p> <ul style="list-style-type: none"> • Chlorofilum • Cholesterol Balance (<i>hop cone, plantain seeds, red yeast, monacolin K, burdock root, berberine hydrochloride, vegetable artichoke leaf, choline, policosanols</i>) • Chromas • Cinie • Zinc • Cordyceps • Essentiale Forte (<i>phospholipida ex soia</i>) • Eukamirsan (<i>eucalyptus, myrtle, orange and lemon essential oils</i>) • Echinacae preparations • Felxit (<i>calcium, vitamin C, magnesium, vitamin B6, Vitamin D3, chondroitin, glucosamine sulfate, collagen, hialuronic acid, proline</i>) • Feroglobin/Ferrotab • Flavamed (<i>ambroxol</i>) • Folic acid • Iron supplements • Gelomyrtol (<i>eucalyptus, sweet orange, myrtle, lemon essential oils</i>) • Probiotics • Preparations of Gink • Hawley Extract • Hepamax (<i>silimarin/vitamin C</i>) • Immuneco (<i>ginseng, CoQ 10</i>) • Immune boosting supplements • Imunosil Virufix (<i>cink, vitamin C</i>) • Calcium • Potassium • Kardicept (<i>essential oils, antioxidants</i>) • Koferm Q10 • Kvercetin • Lepicol (<i>plantain peels, inulin, lactic acid bacteria</i>) • Magnesium • Miscellaneous supplements • Melatonin • Memory Plus (<i>phosphatidylserine/choline</i>) • Supplements to improve sleep • Evening Primrose oil • Nataspin (<i>nattokinase, monacolin, policonasolum, polyphenol</i>) • Neurozan (<i>ginseng, fostatidilcholin, fostatidilserin, CoQ 10</i>) • Omega-3 • Panangin (<i>potassium, magnesium</i>) • Sedatif PC (<i>belladonna, calendula officinalis, chelidonium majus, abrus precatorius, viburnum opulus, aconitum napellus</i>) • Selenus • Spirulina (<i>spirulina platensis</i>) |
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| | <ul style="list-style-type: none"> • Stop Stress (<i>valerian, passionflower</i>) • Stress Plex (<i>vitamin C, zinc</i>) • Valerosan (<i>valerian root extract, lemon balm leaf powder, fenugreek grass powder</i>) • Fishoil • Others: additional insomnia relief |
| DRUGS ACTING ON THE IMMUNE SYSTEM (ANTI-ASTHMATIC and ANTI-ALLERGIC) | |
| Anti-asthmatics | <ul style="list-style-type: none"> • Easy Haler (<i>budesonidum</i>) • Inhaler (<i>salbutamolum</i>) • Interferon beta • Montelukast (<i>montelukastum</i>) • Salbutamolum • Others: against asthma |
| Anti-allergic | <ul style="list-style-type: none"> • Bilastinum • Cirrus (<i>cetirizinum</i>) • Fexofenadine • Tavegil (<i>clemastinum</i>) • Others: anti-allergic |
| NON-STEROID ANTI-INFLAMMATORY and ANTI-BACTERIAL DRUGS | |
| Antibiotics | <ul style="list-style-type: none"> • Amoxicillin • Amoxiklav (<i>amoxicillinum and acidum clavulanicum</i>) • Ospamox (<i>amoxicillinum</i>) • Others: antibiotics |
| NSAID (Non-steroidal anti-inflammatory drugs): | <ul style="list-style-type: none"> • Appap (<i>paracetamol</i>) • Arcoxia (<i>etoricoxib</i>) • Brexin (<i>piroxicam</i>) • Citramon (<i>acetylsalicylic acid, paracetamol, caffeine</i>) • Diclovit (<i>diclofenac and vitamine B₁, B₆, B₁₂</i>) • Fremanezubam • Ibumetin (<i>ibuprofen</i>) • Ibuprofen • Migard (<i>frovatriptan</i>) • Movali (<i>meloxicam</i>) • Naproxen • Nimesil (<i>nimesulid</i>) • Plasclidine (<i>avocado and soyabean oil</i>) • Scudex (<i>tramadol/dexketoprofen</i>) • Vimovo (<i>naproxenum/esomeprazole</i>) • Others: ointments for pain, against pain, against inflammation |
| DRUGS ACTING ON THE ENDOCRINE SYSTEM | |
| Hormones | <ul style="list-style-type: none"> • Hormones • L-Thyroxine (<i>levothyroxine</i>) • Thyroxine |
| Glucocorticoids | <ul style="list-style-type: none"> • Medrol (<i>methylprednisolone</i>) • Prednisolon |
| Anti-diabetes | <ul style="list-style-type: none"> • Metformin (<i>metformin</i>) • Tivulin (<i>metformin</i>) |

| PSYCHOPHARMACOLOGICAL DRUGS | |
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| Antidepressants | <ul style="list-style-type: none"> • Amytryptilin • Cipralel (<i>escitalopram</i>) • Escitalopram • Mirtazepine (<i>mirtazapin</i>) • Antidepressants |
| Psycholeptics | <ul style="list-style-type: none"> • Zolpidem • Zopiclone • Xanax (<i>alprazolam</i>) • Quetiapine • Lexotanil (<i>bromazepam</i>) • Halcion (<i>triazolamum</i>) • Bromazepamum (<i>bromazepam</i>) |
| Psychoanalytic: | <ul style="list-style-type: none"> • Cavinton (<i>vinpocetinum</i>) • Noritren (<i>nortriptyline</i>) • Pyracetamum (<i>piracetam</i>) • Pramistar (<i>pramiracetam</i>) • Tanakan (<i>ginkgo folium</i>) • Valdaxan (<i>agomelatine</i>) |
| DRUGS ACTING ON THE GASTROINTESTINAL SYSTEM | |
| Anti-reflux | <ul style="list-style-type: none"> • Malox (magnesium hydroxide/aluminium hydroxide) • Nexium (<i>esomeprazole</i>) • Omeprazol • Others: against reflux |
| OTHER DRUGS | |
| Other drugs | <ul style="list-style-type: none"> • ACC600 (<i>acetylcysteine</i>) • Ambio • Ambroxol • Relaxing nights • Against vomiting • Biological therapy • Bloxivir (<i>oral spray gel</i>) • Thyme Tea • Detralel (<i>diosminum/hesperidinum</i>) • Enterol (<i>Saccharomyces boulardii</i>) • Floconazole • Hydroxizyne • Buckwheat Tea • Other • Creams for the treatment of skin disease • Eye drops • Mysimba (<i>bupropion/naltrexone</i>) • Nasogast • Nasonex (<i>mometasone furoatum</i>) • Pangrol (<i>pancreatinum</i>) • Plaquenil (<i>hydroxychloroquinum</i>) • Rehydron (<i>powder for oral solution glucose, sodium chloride, sodium citrate and potassium chloride</i>) • Roswera (<i>rosuvastatin</i>) • Sinupret (<i>verbena herb, gentian root, sorrel herb, elderflower, primrose flower</i>) • Smecta (<i>diosmectite</i>) |

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| | <ul style="list-style-type: none"> • Strepisils (<i>flurbiprofen</i>) • Improve brain functions • Non-prescribed sedative medicines • Expanding drugs • Heart dropps • Medicinal herbs • Valerian • Herbal Teas/Tinctures • Olynth (<i>xylometazoline</i>) • Others: anti-anxiety, anti-insomnia, anti-cough, anti-hair loss. |
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