

# ME/CFS, FM, and Long COVID Symptom Inventory

Name: \_\_\_\_\_

Date of COVID onset: \_\_\_\_\_

Positive COVID test: Yes  No

Please circle all symptoms that apply.

<i>Fatigue</i>	Physical faigue	Mental fatigue	Decreased activity tolerance	Decreased exercise capacity	Post-exertional malaise
<i>Pain</i>	Muscle pain	Joint pain	Headaches	Chest pain	Chest tightness
	Abdominal pain	Pain all over	Muscle tightness	Other pain	
<i>Sleep disturbance</i>	Unrefreshing sleep	Difficulty falling asleep	Difficulty staying asleep		
<i>Brain fog</i>	Poor memory	Difficulty concentrating	Difficulty finding words	Easily overwhelmed	
	Diorientation	Confusion			
<i>Unexplained Symptoms</i>	<i>Lung</i>	Shortness of breath	Difficulty taking a deep breath	Cough	Wheezing
	<i>Autonomic</i>	Lightheadedness	Dizziness	Fainting	Low blood pressure
		Palpitations	Racing heart	Irregular heart	
		Feverish	Night sweats	Heat/cold intolerance	
	<i>Digestive</i>	Loss of appetite	Nausea	Vomiting	Significant weight change
		Diarrhea	Constipation	Abdominal bloating	Abdominal cramps
	<i>Nervous system</i>	Loss of taste or smell	Blurry vision	Vertigo	ringing in the ears
		Numbness and tingling	Muscle weakness	Hypersensitivity to light or sound	Problems with balance and coordination
	<i>Immune</i>	Sore throat	Tender lymph nodes	recurrent flu-like symptoms	Sensitivities to food/medications/chemicals
	<i>Other</i>	Hair loss	Rash	Menstrual cycle irregularities	Urinary frequency
<i>Psychiatric</i>	Depression	Anxiety	Mood swings	PTSD	

Do you have any of the following pre-existing Central Sensitivity Syndromes?

- None
  
- Chronic Fatigue Syndrome (ME/CFS)
- Fibromyalgia
- Headaches (tension type)
- IBS (irritable bowel syndrome)
- Interstitial Cystitis
- Irritable larynx syndrome
- Migraines
- Myofascial pain syndrome
- Non-cardiac chest pain
- Pelvic pain syndrome & related disorders
- POTS (postural orthostatic tachycardia syndrome)
- PTSD (post-traumatic stress disorder)
- Restless leg syndrome
- Temporomandibular disorders (TMD/TMJ)
- Multiple chemical sensitivities/environmental sensitivities
- Other: