

UNMASK THE FACTS

A Post-COVID Research Digest for Time-Crunched Clinicians

September 2024

September 6, 2024

Pain is the most common symptom of post-COVID conditions (PCC)

A [new study](#) finds that pain is the most frequently reported symptom of PCC, accounting for 26% of all symptoms. Researchers believe that these conditions may affect the body's smallest nerves and blood vessels, leading to various types of pain. While there are various treatment options available, more research is needed to develop effective therapies for this persistent condition.

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September 4, 2024

Free COVID-19 vaccine program for uninsured adults comes to an end

The CDC's Bridge Access Program, which provided free COVID-19 vaccines to uninsured individuals, ended last month. This leaves many adults without coverage and facing significant out-of-pocket costs. The CDC has repurposed funds to help cover vaccine costs for uninsured adults, but the supply is limited and cannot meet the needs of the entire uninsured population.

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September 22, 2024

Free at-home COVID-19 tests are coming back this fall

The U.S. government is offering free at-home COVID test kits again. Kits are now ready to order on [COVIDTests.gov](https://www.covidtests.gov). Each household can order up to four free antigen tests to be mailed to their home. These tests detect current variants and can be used through the end of the year. Preventative measures like testing and staying home when sick can help mitigate the spread of COVID-19 and, in turn, the impact of PCC.

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September 9, 2024

PCC disproportionately impacts people with pre-existing disabilities

A [new study](#) finds that individuals with disabilities are more likely to experience PCC symptoms compared to those without disabilities. The burden of increased PCC further widens health disparities as people with disabilities face greater barriers to care and are at higher risk for severe COVID-19. The study highlights the need for increased support and resources for people with disabilities to address the long-term effects of COVID-19 infection.

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September 11, 2024

Updated 2024-2025 COVID-19 vaccines are now available

Updated 2024-2025 COVID-19 vaccines are now available to help protect you against COVID-19 this fall and winter. These vaccines target current variants and are recommended for everyone 6 months old and older. The CDC recommends getting vaccinated as soon as possible, especially for individuals at higher risk. It's best to get vaccinated by mid-October to build immunity before the holiday season. Research shows COVID-19 vaccination is the best available tool to prevent PCC.

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