Genetics for the People **MEDICAL INFORMATION CARD**
**CARRIED BY THE PATIENT**

## ME/CFS and Long COVID

**Exertion of any kind (physical, mental, sensory) causes a delayed crash 12 to 72 hours later: post-exertional malaise.**

- Let me lie down, in low light and low noise, with short questions. Standing in a waiting room can cost me days.
- Do not prescribe graded exercise therapy (NICE NG206, 2021). Pacing, not pushing.
- Orthostatic intolerance is common: check lying and standing vitals; IV saline may help.
- I may be sensitive to medications: start low, go slow. Often overlaps with POTS and mast cell activation.

Diagnosed by Dr. _____ Phone _____

Sources: NICE guideline NG206, Oct 2021. Bateman et al, Mayo Clin Proc 2021;96:2861. Verify with the treating physician.

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Name _____ DOB _____

Emergency contact _____

Specialist _____ Phone _____

Daily medications _____

Allergies _____

I carry epinephrine ☐ yes ☐ no Other _____

**geneticsforthepeople.com/blog/long-covid-was-the-third-weight/** has the full explanation and references. Educational template written from a research perspective by Katelin Hubbard, PhD, a scientist, not a physician; it does not diagnose, treat, cure, or prevent disease. The details above were entered by the card holder with their own clinician. Treating clinicians: please verify and use your judgment.


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