

# Algorithm 1

4w

8w

12w

Fatigue (>4w)

V1

Previous pathology

Psychosocial/emotional factors  
 Drugs, substance abuse  
 Sleep disorders  
 Exposure to toxins  
 CFS, fibromyalgia  
 Central sensitivity syndromes  
 Chronic infectious diseases

YES

Relapse/  
exacerbation

NO

Severe COVID-19

Interstitial lung disease  
 Heart failure  
 Kidney failure

YES

Sequelae

NO

Protocol study V1

V2

Non-COVID-19 causes of fatigue

YES

Unrelated  
COVID-19  
etiologies

NO

Unexplained ongoing fatigue

V3

Persistence at 12w

Rule out chronic fatigue syndrome

- a) Recent concentration/memory disorders.
- b) Odynophagia.
- c) Painful cervical/axillary adenopathy.
- d) Myalgia.
- e) Polyarthralgia without inflammatory signs.
- f) Headache
- g) Non-reparative sleep
- h) Post-exertion malaise >24 hours.

< 4 features

Unexplained  
post-COVID-19  
fatigue

Follow up in primary care. Evaluate  
RHB, psychological care

≥ 4 features

V6

Persistence

CFS associated  
with COVID-19

Referral to CFS Unit

Specialized  
care

Reevaluate at 6m



# Algorithm 2

4w

8w

12w

Arthralgia (>4w)

Specialized care

V1

Previous disease

Chronic fatigue syndrome  
Fibromyalgia  
Osteoarthritis  
Rheumatic & autoimmune diseases

YES

Relapse/exacerbation

NO

Protocol study V1

V2

Joint inflammation

YES

Arthritis post-COVID-19

NO

Other etiologies

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing arthralgia

V3

Persistence at 12w

Rule out fibromyalgia

Widespread Pain Index

<4

≥5

Symptom Severity (SS) Scale

<4

>5

Unexplained post-COVID-19 arthralgia

FM associated with COVID-19

Referral to FM unit

Follow up in primary care. Evaluate RHB, psychological care

# Algorithm 3

4w

8w

12w

Myalgia (>4w)

V1

Previous disease

Drugs: statins, ciprofloxacin, bisphosphonates, aromatase inhibitors, fibrates  
 Systemic autoimmune diseases: dermatomyositis, polymyositis.  
 Inflammatory or degenerative muscle diseases (myopathies)  
 Endocrine diseases: thyroid disease, adrenal insufficiency  
 Vitamin deficits.  
 Chronic diseases: kidney, liver  
 Central sensitivity syndromes (FM/CFS/SHQM)

Specialized care

Relapse/exacerbation

NO

Protocol study V1

V2

Muscular inflammation

YES

Post-COVID-19 myositis

NO

Other etiologies

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing myalgias

V3

Persistence at 12w

Rule out fibromyalgia

Widespread Pain Index

<4

≥5

Symptom Severity (SS) Scale

<4

>5

Unexplained post-COVID-19 myalgia

FM associated with COVID-19

Referral to FM unit

Follow up in primary care. Evaluate RHB, psychological care

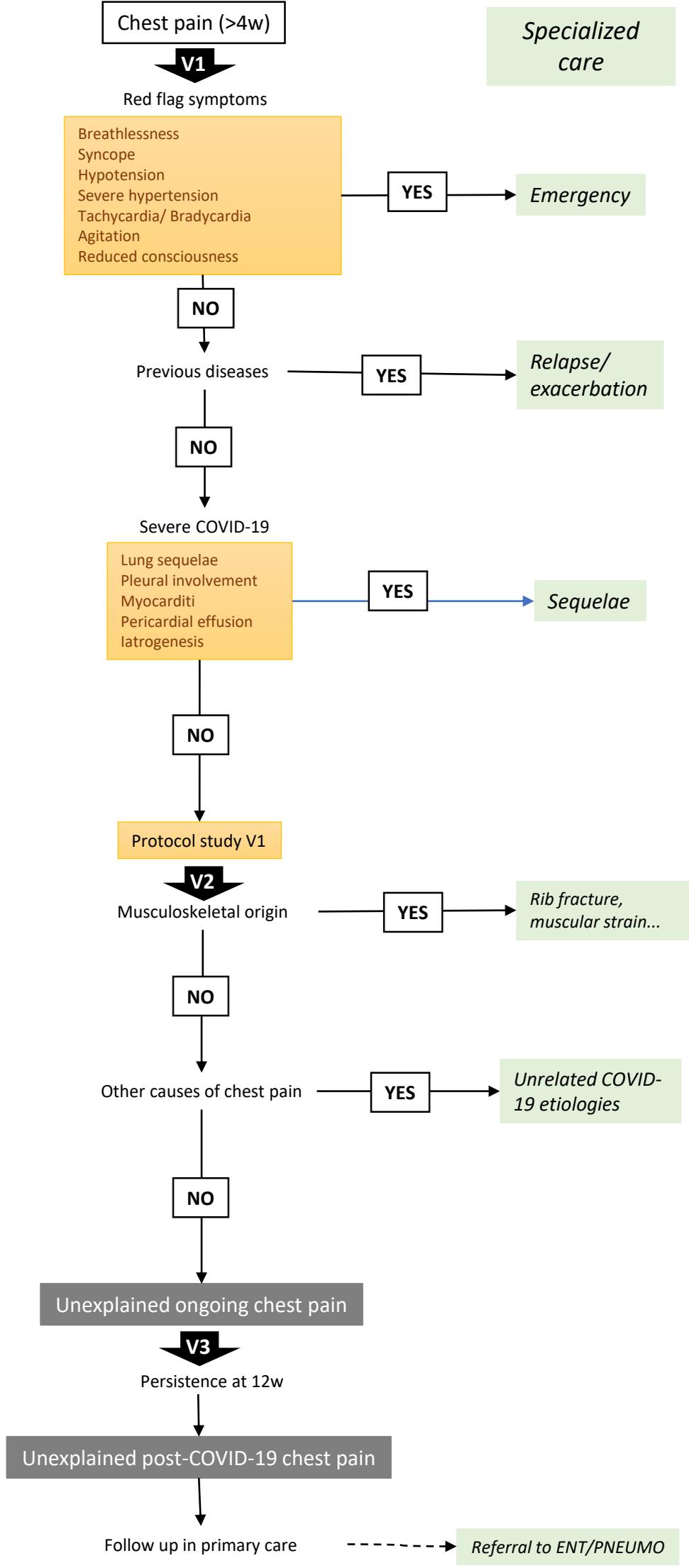


# Algorithm 4

4w

8w

12w



# Algorithm 5

4w

8w

12w

Cough (>4w)

**V1**

Red flag symptoms

- Hemoptysis
- Hoarseness
- Significant sputum production
- Systemic symptoms
- Complicated gastroesophageal reflux disease
- Choking or vomiting
- Recurrent pneumonia
- Pathological chest x-ray

YES

Emergency

NO

Previous diseases

- Active smoking
- Acute/chronic tracheobronchial infections including pertussis
- Pulmonary disease
- SAHS,
- Respiratory tumors
- Foreign bodies in the airway, irritation of external meatus
- Cardiovascular diseases (cardiac failure, pulmonary embolism, aortic aneurysm)
- Digestive pathology
- Drugs: angiotensin-converting enzyme inhibitors
- Psychogenic cough

YES

Relapse/exacerbation

NO

Severe COVID-19

- Interstitial lung disease
- Heart failure
- Pericarditis, pleuritis

YES

Sequelae

NO

Protocol study V1

**V2**

Other etiologies

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing cough

**V3**

Persistence at 12w

Unexplained post-COVID-19 cough

Follow up and in primary care

-----> Referral to ENT/PNEUMOL

Specialized care

# Algorithm 6

4w

8w

12w

Dyspnea(>4w)

V1

Specialized care

Red flag symptoms

- Reduced consciousness
- Agitation
- Bad tissue perfusion
- Difficulty speaking (or coughing)
- Cyanosis
- Respiratory work
- Tachypnea
- Low O2 saturation
- Auscultatory silence

YES

Emergency

NO

Previous diseases

YES

Relapse/exacerbation

NO

Severe COVID-19

- Lung sequelae
- Pleural involvement
- Myocarditis
- Pericardial effusion

YES

Sequelae

NO

Protocol study V1

V2

Post COVID-19 complications

- Respiratory superinfections
- Organizing pneumonia
- Pulmonary embolism
- Post-myocarditis cardiac failure

YES

Post-COVID-19 complications

NO

Other causes of breathlessness

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing dyspnea

V3

Persistence at 12w

Unexplained post-COVID-19 dyspnea

Follow-up in primary care

Referral to ENT/PNEUMOL

----->

# Algorithm 7

Anosmia/dysgeusia (>4w)

Specialized care

4w

V1

Previous diseases/conditions

- Drugs (especially intranasal)
- Smoking
- Sinus pathology/rhinitis
- Neurological diseases (tumors, dementia, Parkinson's)
- Consumption of addictive substances intranasally
- Previous head and neck radiation
- Recent nasal or breast surgery
- Nasal and cerebral tumors
- Toxins

YES

Relapse/exacerbation

NO

Protocol study V1

V2

Other causes of anosmia/dysgeusia

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing anosmia/dysgeusia

8w

V3

Persistence at 12w

Unexplained post-COVID-19 anosmia/dysgeusia

12w

Follow-up in primary care

Referral to ENT

# Algorithm 8

4w

8w

12w

Headache (>4w)

**V1**

Red flag symptoms

Suddenly occurring headache  
Neurological signs and symptoms  
Nocturnal headache that should wake up  
Headache associated with sudden vomiting

YES

Emergency

NO

Previous pathology

Abuse of analgesic drugs  
Sinus pathology / rhinitis  
Neurological diseases  
Sleep disorders/sleep apnea  
Chronic headache

YES

Relapse/  
exacerbation

NO

Protocol study V1

**V2**

Other causes of headache

YES

Unrelated COVID-19 etiologies

NO

Unexplained ongoing headache

**V3**

Persistence at 12w

Chronic headaches

Tension headache  
Migraine headache  
Cluster headache

YES

Post- COVID-19  
chronic headache

NO

Other chronic headache

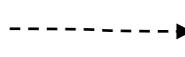
Follow up in primary care

Referral to neurology

Specialized care

Specialized care

Specialized care



# Algorithm 9

4w

8w

12w

Digestive symptoms (>4w)

V1

Red flag signs/symptoms

Abdominal pain resistant to analgesics  
Rectorrhagia  
Palpable abdominal mass, change in rate of depositions  
Weight loss >5%  
Anemia

YES

Emergency

NO

Previous disease

Celiac disease  
Irritable bowel syndrome  
Inflammatory disease  
Intestinal cancer  
Colorectal polyposis

YES

Relapse/  
exacerbation

NO

Protocol study V1

V2

Post COVID-19 complications

Drugs  
Pancreatitis  
Other hospital complications

YES

Post-COVID-19  
complications

NO

Other causes of digestive pathology

YES

Unrelated COVID-19  
etiologies

NO

Unexplained ongoing digestive symptoms

V3

Persistence at 12w

Unexplained post-COVID-19 digestive symptoms

Follow up in primary care

----->

Referral to digestive

Specialized care

Referral to digestive