

CITIZENS' COUNCIL FOR HEALTH FREEDOM
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Health Freedom Minute

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Important Long COVID Update

A new long COVID study shows recovery depends on the variant, primary symptom, and age.

Long COVID is a chronic condition that occurs after infection and is present for at least 3 months as a continuous or progressive disease affecting one or more organs.

The study found about 33 percent of those still affected one year after infection showed improvement by the following year, and about 50 percent improved within the following two years. 25% had no symptoms after three years. Those infected by Omicron, which was after December 1, 2021, also had higher rates of improvement.

While most people want to forget Covid, for millions, the cough, brain fog, and other symptoms are with them every day.

"Timing of Long COVID Improvement in Prospectively Followed RECOVER-Adult Participants," Harrison T Reeder, PHD et al, Annals of Internal Medicine, November 3, 2026: https://www.acpjournals.org/doi/10.7326/ANNALS-25-05275

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

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cchfreedom.org / info@cchfreedom.org / 651-646-8935