Table 1: Description of symptom questionnaires.

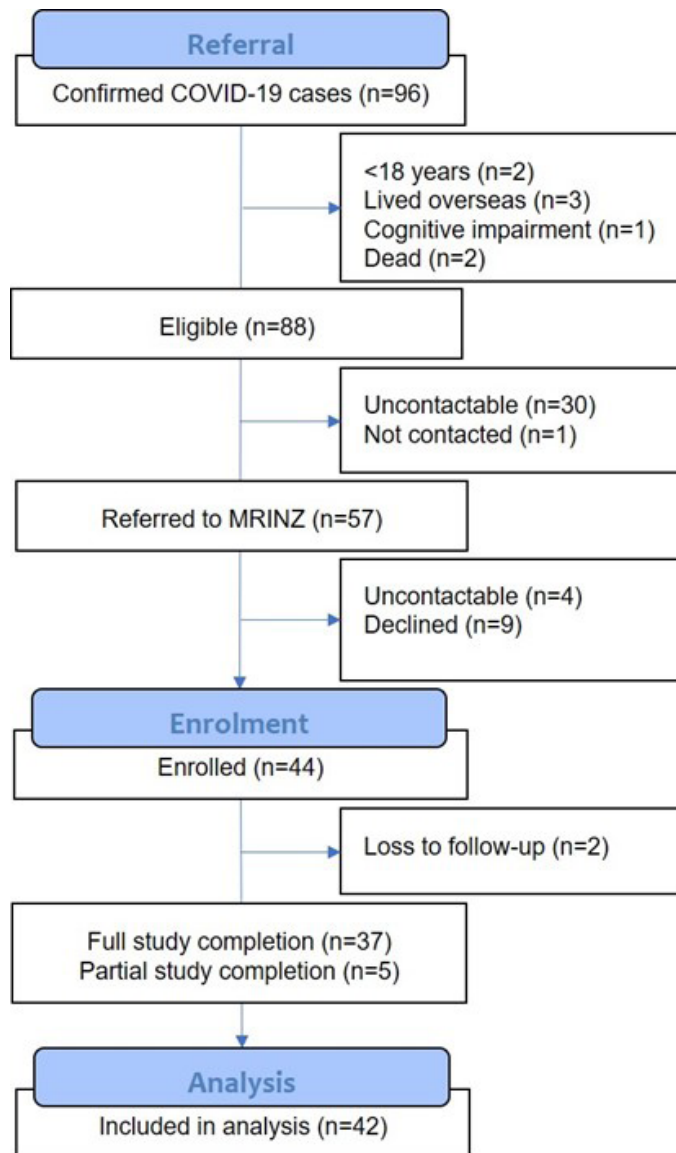| Patient-reported symptom questionnaires	
Overall health questionnaire	Compares overall health prior to getting COVID-19 with current overall health using the following question and response options: *compared to your overall health before getting COVID-19, how would you rate your overall health now?* • My overall health is much better than it was before getting COVID-19. • My overall health is a little better than it was before getting COVID-19. • My overall health is the same as it was before getting COVID-19. • My overall health is a little worse than it was before getting COVID-19. • My overall health is much worse than it was before getting COVID-19.
Modified Medical Research Council Dyspnoea Scale (mMRC Dyspnoea Scale)[11]	Consists of five statements about perceived breathlessness from Grade 0, "I only get breathless with strenuous exercise" to Grade 4, "I am too breathless to leave the house, or I am breathless when dressing or undressing".
Patient Health Questionnaire-9 (PHQ9)[12]	Nine item instrument for detection of depression. Participants are asked how often they were bothered by 9 problems over the preceding 2 weeks and required to select one of "not at all", "several days," "more than half the days," and "nearly every day".
Generalised Anxiety Disorder-7 (GAD7)[13]	Seven item instrument that uses some of the DSM-V criteria for GAD to identify probable cases of GAD along with measuring anxiety symptom severity. Participants are asked how often they were bothered by 7 problems over the preceding 2 weeks and are required to select one of "not at all," "several days," "more than half the days," and "nearly every day".
Pittsburgh Sleep Quality Index (PSQI)[14]	Self-rated questionnaire which assesses sleep quality and disturbances over a 1-month time interval.
EQ-5D-5L[15]	Patient reported questionnaire comprising of five dimensions: mobility, self-care, usual activities, pain/discomfort, and anxiety/depression. Each dimension has 5 levels: no problems, slight problems, moderate problems, severe problems, and extreme problems.
EQ-5D-5L VAS[15]	The EQ-5D-5L Visual Analogue Scale is a patient reported questionnaire recording the patient's self-rated health "today".
Fatigue Severity Scale (FSS)[16]	Nine item instrument on fatigue, its severity and how it affects certain activities. The items are scored on a 7-point scale with 1=strongly disagree and 7=strongly agree.
WHO Symptom Questionnaire[17]	Section 2.6 of the WHO's Global COVID-19 Clinical Platform Case Report Form for Post COVID condition (Post COVID-19 CRF).

Figure 1: Flow diagram of participants.

Table 2: Baseline characteristics of participants.

Characteristic	N=44
Age; mean years (SD)	45.5 (15.4)
Sex (%)	
Female	19 (45.2)
Ethnicity[a] (%)	
Māori	3 (7.1)
Asian	1 (2.4)
European	38 (90.5)
Smoking (%)	
Never	31 (73.8)
Ex-smoker	8 (19.1)
Current	3 (7.1)
Chronic disease[b] (%)	
Yes	26 (61.9)
COVID-19 vaccination status[e]	
Unvaccinated	3 (6.8)
Partially vaccinated	1 (2.4)
Fully vaccinated[c]	38 (90.5)
Hospital admission[d]	
Yes	2 (4.5)
[a]Prioritised ethnicity using Level 1 codes[18]	
[b]See Appendix Table 1 for list of included chronic diseases	
[c]Defined as having received two doses of a COVID-19 vaccine at time of enrolment	
[d]Defined as hospitalisation for at least four hours	
[e]The participants were a vaccine-naïve population during infection in 2020 and were vaccinated once the roll-out commenced in 2021.	

Table 3: Results for primary outcome.

Overall health rating	N/42 (%)
Much better	2 (4.8)
A little better	2 (4.8)
The same	16 (38.1)
A little worse	20 (47.6)
Much worse	2 (4.8)

Figure 2: Patient reported outcomes: Modified Borg Dyspnoea Scale score, PHQ-9-Patient Health Questionnaire-9, GAD-7- Generalised Anxiety Disorder-7, EQ-5D-5L-Quality of Life questionnaire.
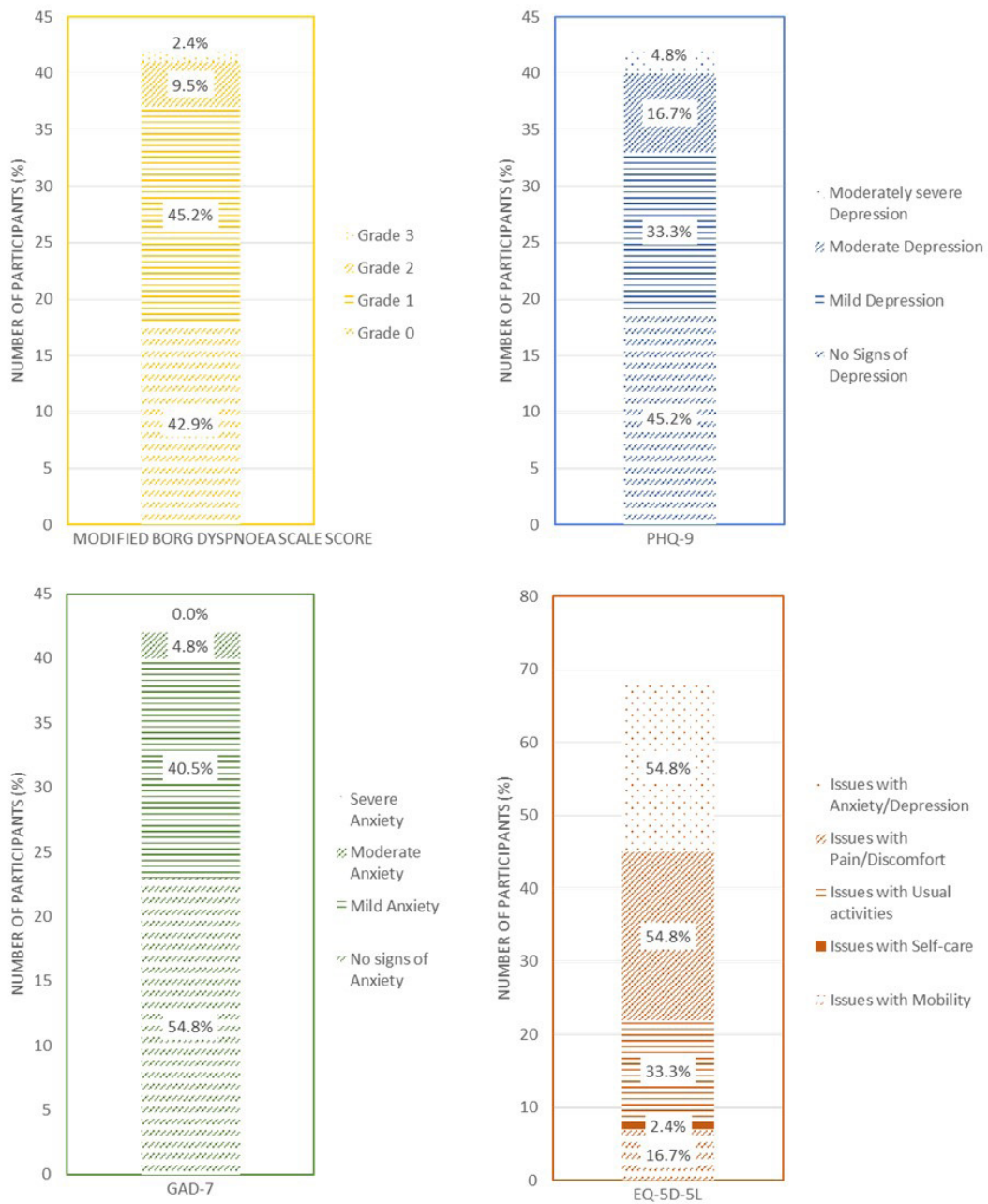
Table 4: Results of laboratory tests.

Laboratory test	N/37[a] (%)
Anaemia	0 (0)
Lymphopaenia	1 (2.7)
Serum Sodium out of range	1 (2.7)
Serum Potassium out of range	0 (0)
eGFR <60 mL/min per 1·73 m²	0 (0) N=35
HbA1c> 41 mmol/mol	0 (0)
Hs-Troponin T 14ng/L	0 (0)
NT ProBNP>35 pmol/L	0 (0)
Free T3 out of range	2 (5.4)
Free T4 out of range	2 (5.4)
TSH out of range	3 (8.1)
AST > upper limit of normal reference range	1 (2.8) N=36
ALT > upper limit of normal reference range	1 (2.7)
GGT > upper limit of normal reference range	3 (8.1)
Bilirubin > upper limit of normal reference range	2 (5.4)
CRP>6 mg/L	1 (2.7)
ESR>30 mm/hr	0 (0) N=36
Ferritin >500 ug/L	3 (8.3) N=36
SARS-CoV-2 IgG+IgM (N protein)	
Reactive	26 (70.3)
Non-reactive	11 (29.7)
SARS-CoV-2 IgG Spike Ab	
Reactive	37 (100)
Non-reactive	0 (0)
[a]Unless otherwise specified	