**Caption for Supplementary Material**

**Supp. Tab. 1: Sample size** of each parameter at corresponding time point. \*HGS sample size based on sub-group of only female patients. Total number of PCS patients included: 51; Total number of PCS-ME/CFS patients included: 55.

**Supp. Tab. 2: Dropout characteristics**. Comparison between study participants (n=106) and dropouts (n=19) that were excluded from analyses. Group differences reported as adjusted p-values and significant results (< 0.05) are marked bold. PEM duration is reported in total hours (0=0 hrs; 1=<1hr; 2=2-3hrs; 3=4-10hrs; 4=11-13hrs; 5=14-23hrs; 6=>24hrs; 7=>48hrs).

**Supp. Tab. 3:** Median values for symptom scores, mean values for biomarkers, and hand grip strength (HGS) for all three time periods. Group differences reported as adjusted p-values and significant results (< 0.05) are marked in bold. \* Adjusted p-values for significant changes in data distribution over time. \*\* PEM Duration in total hours (0=0 hrs; 1=<1hr; 2=2-3hrs; 3=4-10hrs; 4=11-13hrs; 5=14-23hrs; 6=>24hrs; 7=>48hrs)

**Supp. Fig. 1: Participant flow chart and study design.** **a,** participant flow chart showingavailable data for baseline and follow-up data collection, **b**, timeline depicting study visits including assessments conducted in relation to SARS-CoV-2 infection**.** Time intervalsarereported as mean ± range; mo = months.

**Supp. Fig. 2: Symptom severity according to the quantified Canadian Consensus Criteria (CCCq).** **a,** fatigue, **b,** impaired performance, **c**, muscle pain, **d**, joint pain, **e**, headache, **f**, concentration problems, **g**, mental fatigue, **h**, cognitive score, **i**, immune score, **j**, irritable bowl, **k**, sleep disturbance. 0 points (no symptoms) - 10 points (high symptom severity). Dots represent absolute score values (red for PCS, blue for PCS-ME/CFS) as quantified on the left Y axis. Bars depict group medians. Lines (red for PCS, blue for PCS-ME/CFS) depict main relative time, group, and interaction effects as quantified on the right Y axis. p ≤ 0·05 = \*, p ≤ 0·01=\*\*, p ≤ 0·001=\*\*\*, p ≤ 0·0001=\*\*\*\*.