



**symptom**

Survey

**What are we learning  
from the  
SymptomSurvey?**

# WHAT IS THE GOAL OF THE SYMPTOMSURVEY?

Most people have experienced flu or COVID symptoms. When we communicate our symptoms to healthcare professionals, the message does not always get across. Symptoms that worry us, may not always get the attention they deserve.

The SymptomSurvey aims to educate doctors and nurses, about what really matters to us when we experience COVID or flu-like symptoms.

The SymptomSurvey aims to learn, from the perspective of patients & caregivers:

- Which symptoms are important?
- How does improvement look like?
- What does recovery mean to you?





**innovative  
immunisation  
hubs**

The SymptomSurvey serves citizens who wish to keep themselves and their families healthy and safe.

- designed by the Vienna Vaccine Safety Initiative (ViVI)
- part of the EU-funded project 'ImmuHubs'.
- organized with patient organizations, NGOs & medical associations

The SymptomSurvey aims to inform decision makers about your healthy choices and priorities as a citizen.





**This brochure  
will give you an idea  
what we are hoping to learn  
from the SymptomSurvey,  
based on first  
results from its pilot phase.**

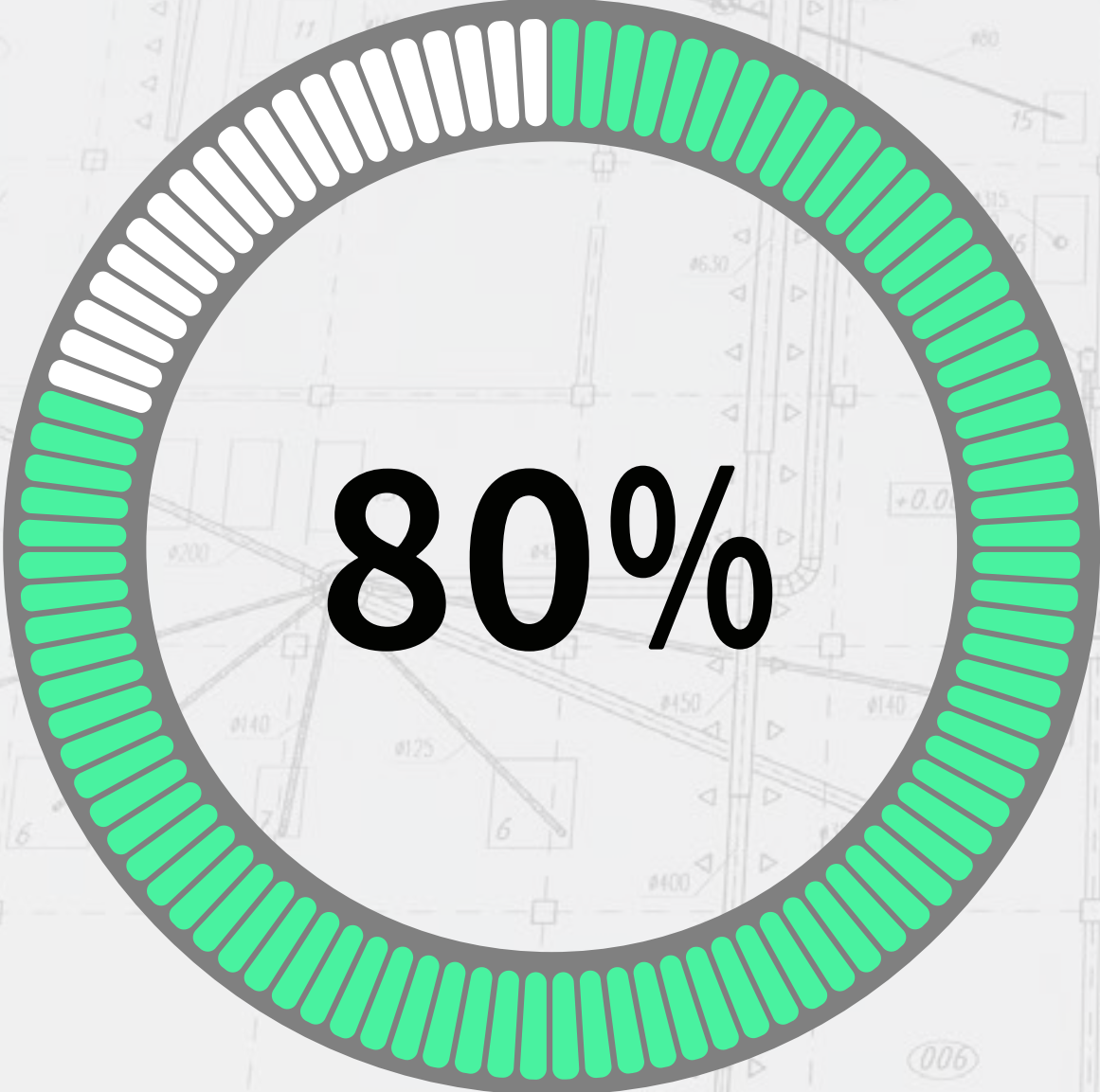
# HOW IS THE SYMPTOMSURVEY ORGANISED?

The SymptomSurvey consists of a series of questions related to the subjective importance of symptoms to adults, as well as their children and elderly relatives.

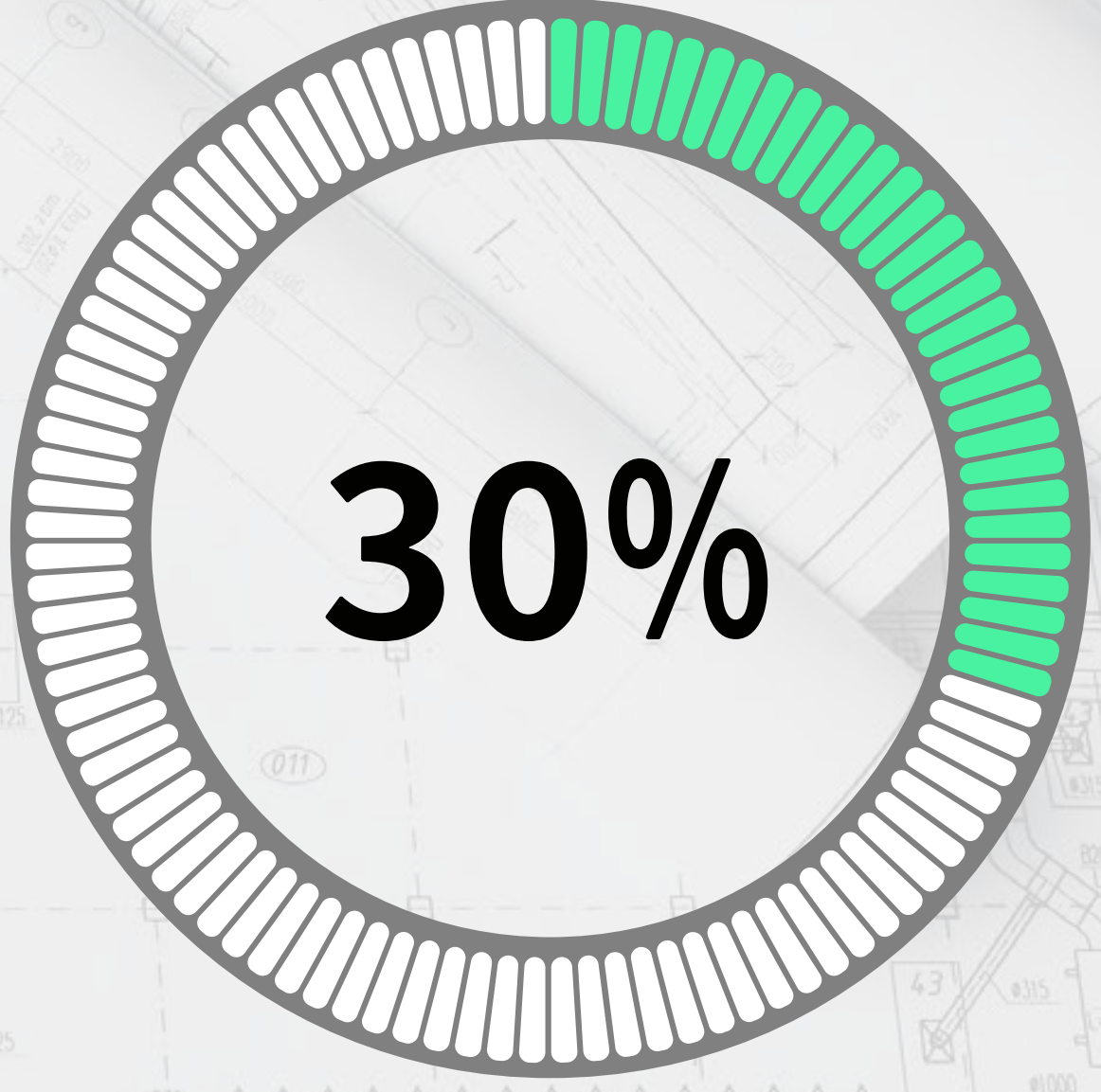
The Symptom Survey is distributed through networks of partner organisations and social media.



**This preview is based on early responses from 149 participants.  
Most of them were female, aged between 18 and 84 years.**



**caregivers of a child**



**caregivers of elderly relatives**

# WHICH SYMPTOMS ARE IMPORTANT?

- 01** The level of symptom control matters: Symptoms that are out of control, and for which we need professional help, are important.
- 02** Symptoms may be considered more important if present in a child or elderly person.
- 03** Cold symptoms, which most of us have experienced, seem to be less important.





# WHICH SYMPTOMS ARE DISRUPTIVE?

**01** Symptoms such as vomiting, diarrhea, or fever are considered the most disruptive.

**02** Interestingly, cough is considered most disruptive in children and the elderly, while headaches are most disruptive to adults.

# ARE WE ABLE TO RECOGNISE AND REPORT SYMPTOMS?

Do we recognize signs and symptoms in ourselves, a child, an elderly person?

**01** We are learning that there are significant differences in reporting one's own symptoms versus somebody else's.

**02** People are significantly less confident in reporting other people's symptoms, even if actively taking care of them.

# WHAT DO I KNOW ABOUT RISK FACTORS?

**01** Many do not feel confident when assessing individual risk for themselves or their loved ones.

**02** Most people seem to know that heart/lung conditions & immunesystem disorders increasase the risk of severe COVID or flu. However, common conditions such as diabetes and obesity seem to be lesser known risk factors.



# WHICH SYMPTOMS WOULD I LIKE TO PREVENT WITH A VACCINE, WHICH ONES WOULD I LIKE TO SEE TREATED?

- 01** We observe the following trend from pilot data: Symptoms that people find most important or disruptive, are the ones they would like to see prevented through vaccination.
- 02** Symptoms that are considered less important or disruptive, are those for which people prefer using medicines.

# WHICH SYMPTOMS AFFECT HOW WE FEEL AND FUNCTION?

This information is crucial for decision makers that license vaccines and drugs.

Regulatory agencies, such as the FDA and the European Medicine Agency, focus on the subjective patient experience and well-being rather than laboratory parameters.



# WHAT SIGNIFIES RECOVERY?

**01** We ask participants what kind of symptoms need to go away before somebody feels healthy again.

**02** Fever resolution & the ability to keep food down are considered important to recovery, whereas upper-respiratory symptoms are viewed as less critical.



**IN THE DIGITAL AGE  
IT SHOULD BE MADE  
EASY FOR PATIENTS  
TO COMMUNICATE  
THEIR SYMPTOMS  
AND CONCERNS  
USING DIGITAL  
DEVICES.**



The SymptomSurvey asks a series of questions about the willingness or ability to report symptoms via phone or tablet.

# LESSONS LEARNED: WHAT'S NEXT?

**01** The SymptomSurvey will be launched in March 2022. We invite you to provide your opinion, and to invite others to participate. Your vote counts.

**02** The SymptomSurvey team will analyze the final results and update the information and learnings on this website - stay tuned!  
We will work with regulatory & public health agencies, as well as professional associations to ensure that the results of this project will be visible, influencing decision makers to create patient-centered programs.



# LESSONS LEARNED -WHAT'S NEXT?

**03** The SymptomSurvey will lend a voice to patients and families, guiding future direction for the prevention and management of COVID, the flu, and flu-like illness.

**04** The Symptom Survey will provide insight into the subjective experience of specific symptoms, what they mean to us and the people we love and care about.

The SymptomSurvey is a joint activity by the Vienna Vaccine Safety Initiative, Active Citizens Network, the European Parents' Association, the European Academy of Paediatrics, Families Fighting Flu, Make Mothers Matter, and ThinkYoung.

The SymptomSurvey is part of the ImmuHubs project, co-funded by the European Union's Health Programme (2014–2020).

If you are interested in participating or in finding out more about the SymptomSurvey, check our our website at [www.SymptomSurvey.org](http://www.SymptomSurvey.org) or contact us directly at [info@SymptomSurvey.org](mailto:info@SymptomSurvey.org)

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