

Chronic Fatigue Syndrome Criteria (CDC)				
onset of fatigue		years ago		months ago
fatigue duration	less than 1 month		1-6 months	more than 6 months
fatigue is	continuous		fluctuating but never goes	can have times of no fatigue
level of activity you can sustain	under 25%		25-50%	over 50%
	Yes	✓	No	✓
				Comments
impaired short term memory				
impaired concentration				
sore throat				
tender neck or armpit glands				
muscle pain or multi-joint pain				
headaches of new type				
unrefreshing sleep				
fatigue after exercise > 24 hrs				

Additional Symptoms		Yes	✓	No	✓	Comments
mild fever or chills						
light sensitive						
visual disturbances						
irritability						
depression						
sleep disturbances						
confusion						
disorientation						
muscle twitching						
shortness of breath						
palpitations						
lightheaded						
nausea						
irritable bowel						
adverse food reactions						
low tolerance to odours						
low tolerance to alcohol						
bladder frequency						
sinus infections						
gum bleeding, infection						
Possible Triggers	✓	When ?	✓	When ?		
Glandular fever (EBVirus)			Family history			
Flu infections			Medications			
Immunisations			Accidents			
Major stress			Other infection			
Gastro-enteritis (stomach bug)						
Food poisoning						
Chemical exposure - at work						
Chemical exposure - sprays						
Personal cosmetic use						