**Supplementary Table 1.** SARC-F questionnaire records for Strength, Assistance in walking, Rising from a chair, Climbing stairs, and Falls(1)

|  |  |  |
| --- | --- | --- |
|  | SARC-F components | Answer (score) \* |
| Q1 | Difficulty lifting and carrying about 5 kg | None (0)Some (1)A lot or unable (2) |
| Q2 | Difficulty walking across a room | None (0)Some (1)A lot, uses aids, or unable (2) |
| Q3 | Difficulty moving from a chair or bed | None (0)Some (1)A lot or unable without help (2) |
| Q4 | Difficulty climbing a flight of 10 stairs | None (0)Some (1)A lot or unable (2) |
| Q5 | Number of times have fallen in the past year | None (0)1-3 (1)≥ 4 (2) |
| \* Score ≥ 4 indicates a risk of sarcopenia. |

**Supplementary Table 2.** The modified-National Early Warning Score (m-NEWS) system for COVID-19 participants(2)

|  |  |
| --- | --- |
| Parameters  | Scores |
| 3  | 2 | 1 | 0 | 1 | 2 | 3 |
| Age (years) |  |  |  | < 65 |  |  | ≥ 65 |
| RR (/min) | ≤ 8 |  | 9-11 | 12-20 |  | 21-24 | ≥ 25 |
| O2 saturation (%) | ≤ 91 | 92-93 | 94-95 | ≥ 96 |  |  |  |
| Supplemental oxygen |  | Yes |  | No |  |  |  |
| SBP (mmHg) | ≤ 90 | 91-100 | 101-110 | 111-219 |  |  | ≥ 220 |
| PR (/min) | ≤ 40 |  | 41-50 | 51-90 | 91-110 | 111-130 | ≥ 131 |
| Consciousness |  |  |  | Alert |  |  | DrowsinessLethargyComaConfusion |
| Temperature ( ̊C) | ≤ 35.0 |  | 35.1-36.0 | 36.1-38.0 | 38.1-39.0 | ≥ 39.1 |  |
| RR, respiratory rate; SBP, systolic blood pressure; PR, pulse rate. |

**Supplementary Table 3.** Time, group, and interaction effect for vital signs from T1 to T3 follow-up times between groups

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Vital signs** |  | *F* statistics |  | *P*\* |
| **SBP (mmHg)** |
|  Time effect |  | 0.3 |  | 0.757 |
|  Group effect |  | 0.1 |  | 0.769 |
|  Interaction effect |  | 1.2 |  | 0.267 |
| **RR (/min)** |
|  Time effect |  | 1.2 |  | 0.292 |
|  Group effect |  | 1.8 |  | 0.188 |
|  Interaction effect |  | 3.0 |  | 0.051 |
| **PR (/min)** |
|  Time effect |  | 0.3 |  | 0.754 |
|  Group effect |  | 5.0 |  | 0.026 |
|  Interaction effect |  | 0.8 |  | 0.456 |
| **T (°C)** |
|  Time effect |  | 0.8 |  | 0.423 |
|  Group effect |  | 0.1 |  | 0.753 |
|  Interaction effect |  | 0.8 |  | 0.463 |
| **O2 saturation (%)** |
|  Time effect |  | 1.4 |  | 0.239 |
|  Group effect |  | 0.04 |  | 0.847 |
|  Interaction effect |  | 0.1 |  | 0.901 |
| SBP, systolic blood pressure; RR, respiratory rate, PR, pulse rate, T, body temperature. \* Obtained fromtwo-way repeated measures ANOVA, adjusted for sex, diabetes mellitus, hypertension, cardiovascular disease, chronic kidney disease, respiratory disease, cancer, chronic digestive problem, history of surgery. |

References:

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