



Gary Richard Herbert

Governor  
Declaration

Whereas, Myalgic Encephalomyelitis/Chronic Fatigue Syndrome (ME/CFS) is a complex, chronic disease responsible for causing extreme fatigue, widespread muscle and joint pain, and a host of other symptoms that often worsen after physical and/or mental activity;

Whereas, ME/CFS impacts patients differently, but is often severe enough to cause a significant reduction in occupational, educational, social, and personal activities, leaving many to states of immobility and exhaustion;

Whereas, ME/CFS can affect numerous body systems, although the underlying mechanisms and root system for the disorder remains hotly debated, and rapid physical and cognitive exhaustion can impact these systems after minimal exertion or attempts at simple mental tasks;

Whereas, this disorder affects more than one million Americans of all backgrounds, races, genders, and more, causing them some variation of symptoms, including: pain throughout the body, sleep dysfunction, cognitive impairment, immune dysfunction, and automatic and neuroendocrine manifestations; and,

Whereas, Utah recognizes the struggles faced by those afflicted with this disorder, respects their courage, and stands with organizations and individuals throughout the world that are fighting to research, treat, and eradicate this disease;

Now, therefore, I, Gary R. Herbert, Governor of the great State of Utah, do hereby declare May 12, 2020, as

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

Awareness Day in Utah

Gary R. Herbert  
Governor