

POST-COVID SYNDROME (LONG COVID)

Defined:

Those infected with COVID-19 can experience long-term effects from their infection, known as Long COVID or Post-COVID Syndrome.

Infected individuals with Long COVID can experience a wide range of symptoms for weeks, months, or even years after infection. Some people can suffer long-term effects of COVID-19 after COVID-19 illness, including disability. The ADA, Section 504, and Section 1557 recognize Long COVID as a disability if it substantially limits one or more major life activities.

Who is most at risk of COVID-19 :

- A COVID-19 illness that has been more severe, leaving the patient hospitalized or requiring intensive care.
- Patients with underlying health conditions.
- Those who have not been vaccinated against COVID-19.
- A person who suffers from multisystem inflammatory syndrome (MIS) during or after an illness caused by COVID-19.



Signs and symptoms:

Though fatigue, dyspnea, joint pain, post-exertional malaise, and cough are the most often reported symptoms, any of these other symptoms may be present:



Respiratory and heart symptoms:

- Difficulty breathing or shortness of breath
- Chest pain
- Fast-beating or pounding heart (also known as heart palpitations)



Neurological symptoms:

- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headaches
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety



Digestive symptoms:

- Diarrhea
- Stomach pain

Other symptoms:

- Rash
- Fever
- Changes in menstrual cycles

COVID-19 can cause multiorgan effects or autoimmune conditions in some people, especially those with severe illness. In addition to the heart, lungs, kidneys, skin, and brain, multi-organ effects can affect many other body systems. People who have had COVID-19 may have a greater risk of developing new health conditions such as diabetes, heart disease, blood clots, or neurological conditions than people who have not had COVID-19.

Best prevention:

To prevent Long COVID, you should protect yourself and others from becoming infected. If eligible, the CDC recommends staying up-to-date on COVID-19 vaccination, improving ventilation, getting tested for COVID-19 if needed, and seeking COVID-19 treatment.

Living with COVID:

To improve their symptoms and quality of life, people suffering from Long COVID can seek a healthcare provider's help to develop a personal medical management plan.



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Reference: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
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