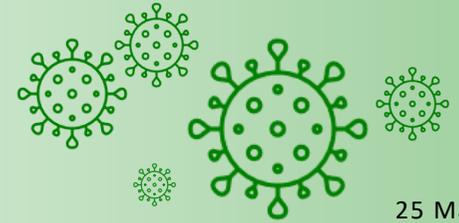




COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



25 March 2022

Long-COVID part 1

SEE PART 2 FOR TREATMENT AND PREVENTION INFORMATION

What is Long-COVID?

Mild or moderate COVID-19 lasts about two weeks for most people. However, around 1 in ten people who recover from COVID-19 continue to experience lingering health problems.

Known as post-COVID syndrome, or Long-COVID, these people test negative for the virus but continue to suffer severely debilitating symptoms, even after recovering from acute COVID-19.

According to the WHO, Long-COVID is diagnosed in people who still suffer symptoms three months after infection, where there is no alternative diagnosis.

What causes Long-COVID?

No-one is completely sure what causes Long-COVID, but it's probably damage from the virus as well as damage caused by how your body's immune system reacts to it. Some studies have noted age, being female, and obesity as risk factors, but we do not yet have enough evidence to fully understand how and why certain people develop Long-COVID.

How do I know if I have Long-COVID?

While there no internationally-agreed definition, the most common lasting symptoms appear to be:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other issues include cognitive problems, difficulty concentrating, depression, muscle pain, headache, rapid heartbeat and intermittent fever.

If you have any of these symptoms, consult your doctor for a diagnosis.

How long does Long-COVID last?

This answer is unknown. COVID-19 only began spreading widely in early 2020, and the vast majority of people who have had the disease are only a year or less into their recovery. It will take longer to properly understand Long-COVID.

Our next newsletter will look at some of the treatment options currently in use.



Fast Facts

- Long-COVID is the term used for people who continue to suffer debilitating symptoms for at least 2 months after recovering from COVID-19 infection
- Anyone who has had a COVID-19 infection can develop Long-COVID
- Most common symptoms are fatigue, breathlessness, cough, joint- and chest pain
- As COVID-19 is a new virus, we do not yet fully understand the long-term effects of the infection

Want to find out more?

South African NICD:

<https://www.nicd.ac.za/diseases-a-z-index/disease-index-covid-19/long-covid/>

Post-COVID conditions (CDC):

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

Your recovery after COVID-19 (NHS):

<https://www.yourcovidrecovery.nhs.uk/>

COVID Recovery Guide (Discovery Health):

<https://www.discovery.co.za/wcm/discoverycoza/assets/content-hub/covid-19/long-covid-19-recovery-guide-2021.pdf>

Ask Dr M

Do you still have questions?

Call us on
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Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination



Ventilation

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