



POST ACUTE COVID-19 SYNDROME (LONG COVID)

How to categorize

- Normally people fall into 1 of 2 groups:
 1. About 80% of people with COVID-19 have mild symptoms and recover in about 2 weeks
 2. About 10% will have severe symptoms and recover in about 3-6 weeks
- About the last 10% do not fall into either of the 2 as they have lingering symptoms= Long Haulers



Living with Long COVID

- People experiencing post-COVID conditions can seek care from a healthcare provider to come up with a personal medical management plan that can help improve their symptoms and quality of life.
 - Bring your list of concerns to the appointment
 - Ask & answer questions
 - Know your next steps
 - Ask for a summary of your visit
- There are support groups being organized that can help patients and their caregivers.
- All age groups are susceptible to getting Long COVID.



Common Effects

- General symptoms: Joint or muscle pain, rash, changes in menstrual cycles, fever, tiredness or fatigue
- Respiratory: Difficulty breathing or shortness of breath, cough, chest pain, fast-beating or pounding heart
- Digestive: Diarrhea, stomach pain
- Neurological: Difficulty thinking or concentrating ("brain fog"), headache, sleep problems, lightheadedness, pins-and-needles feelings, change in smell or taste, depression or anxiety, changes in mood



People more predisposed

- People who have experienced more severe COVID-19 illness, especially those who were hospitalized or needed intensive care.
- People who had underlying health conditions prior to COVID-19.
- People who did not get a COVID-19 vaccine.
- People who experience multisystem inflammatory syndrome (MIS) during or after COVID-19 illness.



Prevention

- For people who are eligible, getting vaccinated and staying up to date with vaccines against COVID-19 can help prevent COVID-19 infection and protect against severe illness.
- Research suggests that people who are vaccinated but experience a breakthrough infection are less likely to report post-COVID conditions, compared to people who are unvaccinated.



SOURCE:

1. <https://health.clevelandclinic.org/what-it-means-to-be-a-coronavirus-long-hauler/> <https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf>
2. LADD, EMMA, ALEX RUSHFORTH, SIETSE, WIERINGA, SHARON TAYLOR, CLARE RAYNER, LAIBA HUSAIN, AND TRISHA GREENHALGH PERSISTENT SYMPTOMS AFTER COVID-19: QUALITATIVE STUDY
114 'LONG COVID' PATIENTS AND DRAFT QUALITY PRINCIPLES FOR SERVICES." BMC HEALTH SERVICES RESEARCH 20, NO. 1 (DECEMBER 20, 2020): 1144. <https://doi.org/10.1186/s12913-020-06001-y>
3. <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
4. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

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