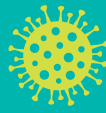


What is Long COVID?



World
PT Day
2021

Long COVID has been preliminarily defined as the presence of signs and symptoms that develop during or following an infection consistent with COVID-19 which continue for 12 weeks or more.

Typically, it is referred to as acute COVID-19 until 4 weeks and ongoing COVID-19 from 4 to 12 weeks.



How common is Long COVID?

1 in 10 of all cases will exhibit symptoms for a period of **12 weeks** or longer



Many people living with the disease were previously fit and healthy.



Children experience Long COVID symptoms similar to adults and at about the same frequency.

Long COVID affects people who have been hospitalised with acute COVID-19 and those who recovered at home. Individuals who have experienced either mild or severe COVID-19 can go on to have prolonged symptoms or develop Long COVID.

Long COVID is a multi-system disease; there are over 200 listed symptoms which occur in variable combinations and can fluctuate in both predictable and unpredictable patterns of flare-ups and remissions.

Most common symptoms after 6 months:



extreme exhaustion (fatigue)

post-exertional symptom exacerbation (PESE)



problems with memory and concentration (brain fog)

Other common symptoms:



shortness of breath



chest pain or tightness



difficulty sleeping (insomnia)



heart palpitations



dizziness



muscle pain



joint pain



depression and anxiety



tinnitus, earaches



feeling sick, diarrhoea, stomach aches, loss of appetite



a high temperature, cough, headaches, sore throat, changes to sense of smell or taste



rashes

Consensus has not yet been reached on an internationally agreed Long COVID case definition. However, there is mounting evidence that Long COVID is both common and debilitating. Attempts have been made to characterise Long COVID as prolonged with multi-system involvement and significant disability.



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