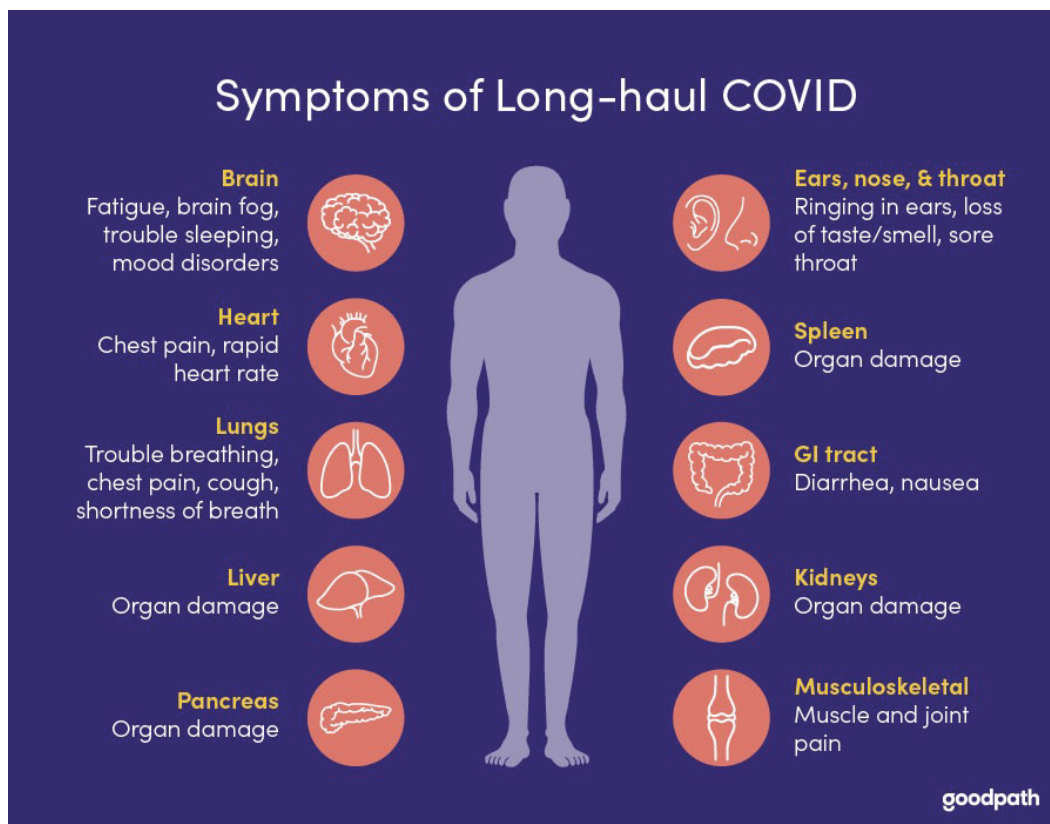


Long COVID

Get the Facts

'Long COVID' is the term often used when someone experiences COVID-19 symptoms for at least four weeks after the initial infection. Long COVID may also be referred to by other names, such as post-COVID conditions, PASC (post-acute sequelae of COVID-19) or long-haul COVID.

Some people who had severe illness with COVID-19 experience many different symptoms over a longer time, with some issues lasting weeks or months. COVID-19 may affect many organs including the lungs, heart, brain, liver, kidney and digestive tract. Autoimmune conditions can also occur because of COVID-19. These can happen when your immune system attacks healthy cells in your body by mistake and causes inflammation (swelling) or tissue damage in the affected parts of the body.



Symptoms of long COVID may continue after the initial infection or may appear after the initial illness has passed, and may be difficult to explain. There is no one diagnostic test for long COVID, and the results of routine tests such as x-rays and electrocardiograms may appear normal. For now, the diagnosis is based on reported symptoms. If symptoms have been worse since your illness, or you are experiencing them for the first time, then the cause of these symptoms may be Long COVID.

Who Is At Risk Of Developing Long Covid?

Scientists are uncovering risk factors for Long COVID, which are listed below.

- Females
- People over 55
- People with more severe initial COVID-19 illness requiring hospitalization or intensive care
- Those who showed an immune response to their initial infection
- People who are not fully vaccinated
- People who contracted the SARS-Cov-2 variant
- Those with preexisting health conditions, such as diabetes, lung problems, autoimmune diseases, or obesity.

Multisystem Inflammatory Syndrome (MIS)

While it is very rare, multisystem inflammatory syndrome (MIS) during or immediately after a COVID-19 infection can affect children or adults. It happens when many different body parts become inflamed. Multisystem inflammatory syndrome in children (MIS-C) can be serious, even deadly, but most children who were diagnosed with this condition have gotten better with medical care.

Management of Long COVID

Getting better after long COVID may require a team approach. You may need a physical medicine and rehabilitation physician, pulmonologist, cardiologist, and neurologist. It may also include mental health experts, physical or occupational therapists, depending on symptoms and severity.

- Physical therapists work with people to improve physical activity levels, respiratory function, and cardiac endurance, as well as finding ways to conserve energy and handle fatigue.
- Occupational therapists help people improve quality of life by working on managing personal care, good nutrition and sleep, handling stress and anxiety, and returning to work.
- Speech-language pathologists are trained to help people improve their thinking skills such as memory, attention, organization, planning, problem solving, learning, communication.

What If My Long COVID Symptoms Are Severe?

Even after a mild case of COVID-19, recurring symptoms may range from a mild annoyance to the point of interrupting daily life. The federal government has determined long COVID can be. The federal government has determined that Long COVID can be considered a disability under the ADA if it substantially limits major life activities.

Is Long Covid considered a disability under the Americans with Disabilities Act, Section 504, and Section 1557?

As a result of the rise of long COVID as a persistent and significant health issue, the Office for Civil Rights of the Department of Health and Human Services and the Civil Rights Division of the Department of Justice have joined together to provide guidance explaining that long COVID can be a disability under the federal laws that protect people with disabilities from discrimination. People whose long COVID qualifies as a disability are entitled to the same protections from discrimination as any other person with a disability to participate in and enjoy all aspects of civic and commercial life.

This article is provided for informational and educational purposes only. The information is not intended as a substitute for professional advice, diagnosis or treatment, and you should not use the information in place of the advice of your medical, psychological, or legal providers.

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