



Ministry of Health

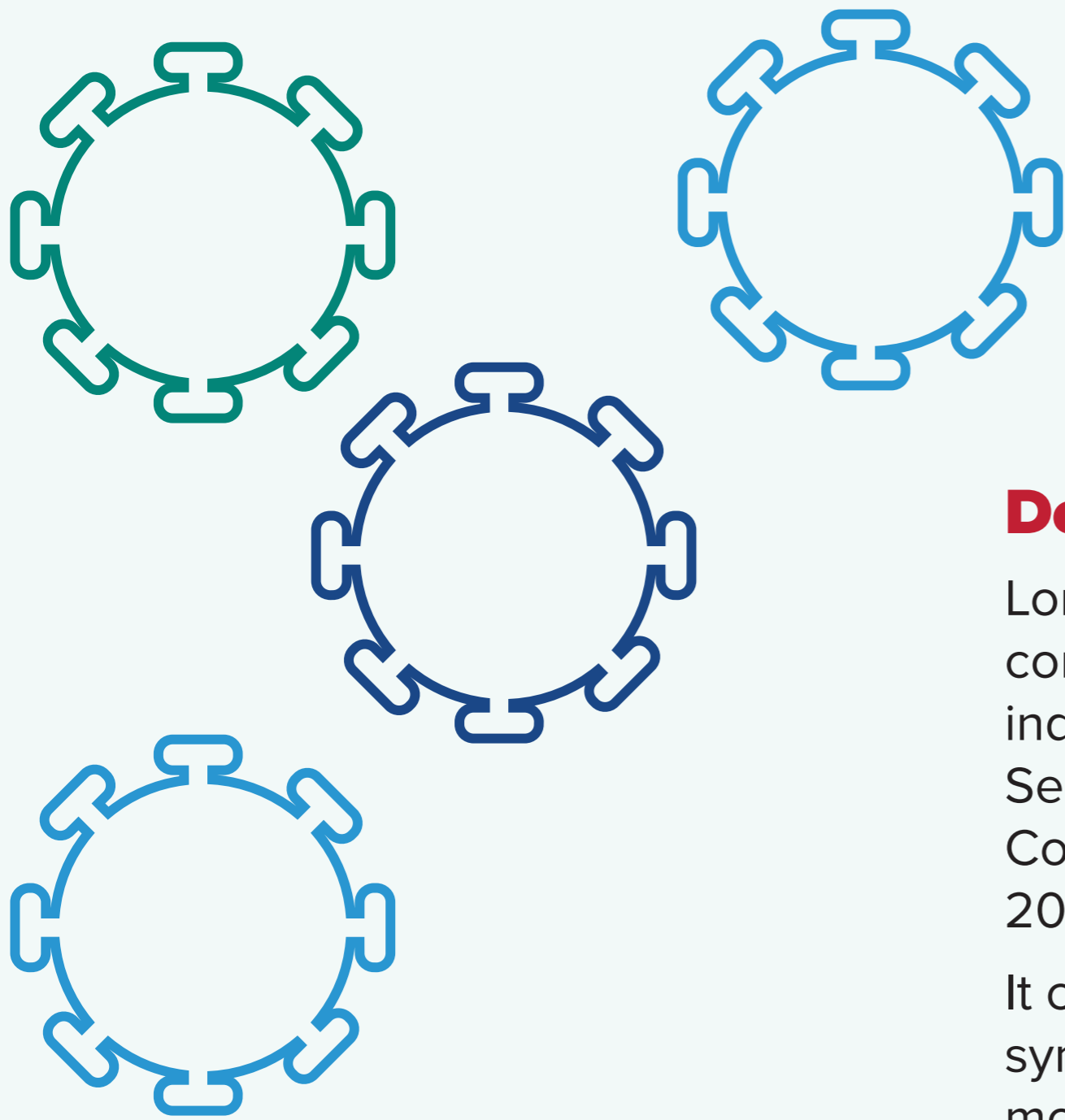
LONG COVID

Flip Chart



Elizabeth Glaser
Pediatric AIDS Foundation
Fighting for an AIDS-free generation





Definition of Long COVID

Long COVID is a condition characterized by the continuation or development of new symptoms in individuals who had previously been infected with Serious Acute Respiratory Coronavirus -2 (SARS-CoV-2), the virus that causes Coronavirus Disease 2019 (COVID-19 disease).

It can also be defined as new, returning, or ongoing symptoms and health problems in the weeks or months after a SARS-CoV-2 infection.

It typically manifests around 3 months from the onset of infection and is characterized by symptoms that persist for at least 2 months, with no other explanation for these symptoms.

Causes of Long COVID

A previous SARS-CoV-2 infection puts you at high risk of developing Long COVID. The exact mechanism of Long COVID is still not fully understood but it is believed to be related to the body's immune response to the initial infection with SARS-CoV-2.



Symptoms of Long COVID

The symptoms of Long COVID can be diverse and affect various body systems.

These symptoms include:

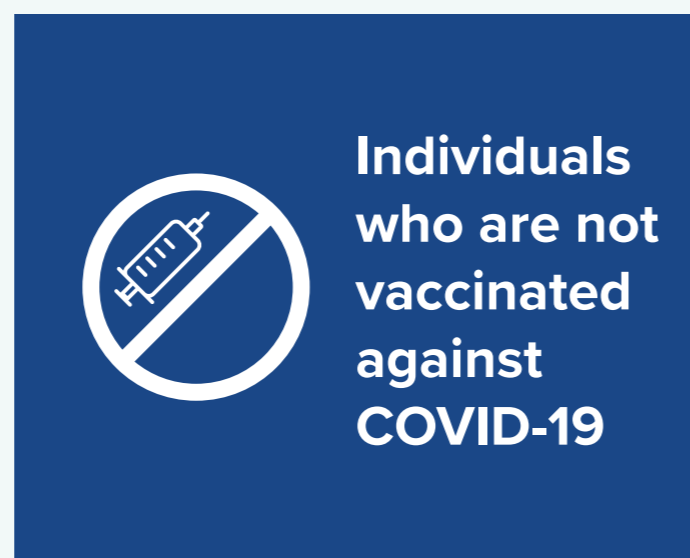
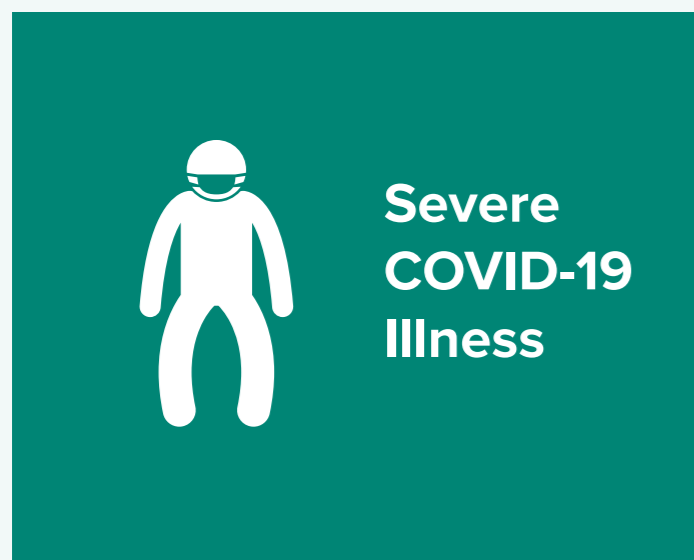


Other symptoms may include:

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart/palpitations
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety
- Diarrhea
- Stomach pain
- Joint or muscle pain
- Rash
- Changes in menstrual cycles

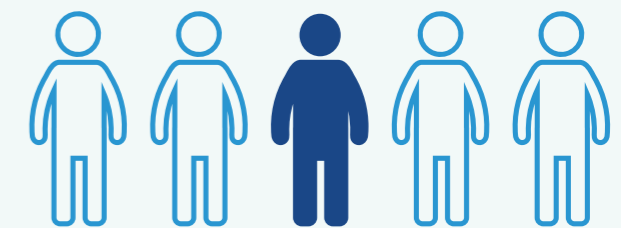
Who is at risk of developing Long COVID?

Long COVID can affect anyone irrespective of age or severity of the initial SARS-CoV-2 infection. It is more common in individuals who had severe COVID-19 illness, who are overweight/high body mass index (BMI), who have pre-existing medical conditions, who are immunosuppressed, and individuals who have not received COVID-19 vaccine. Adults, particularly those over 60 years of age are at higher risk of developing Long COVID.



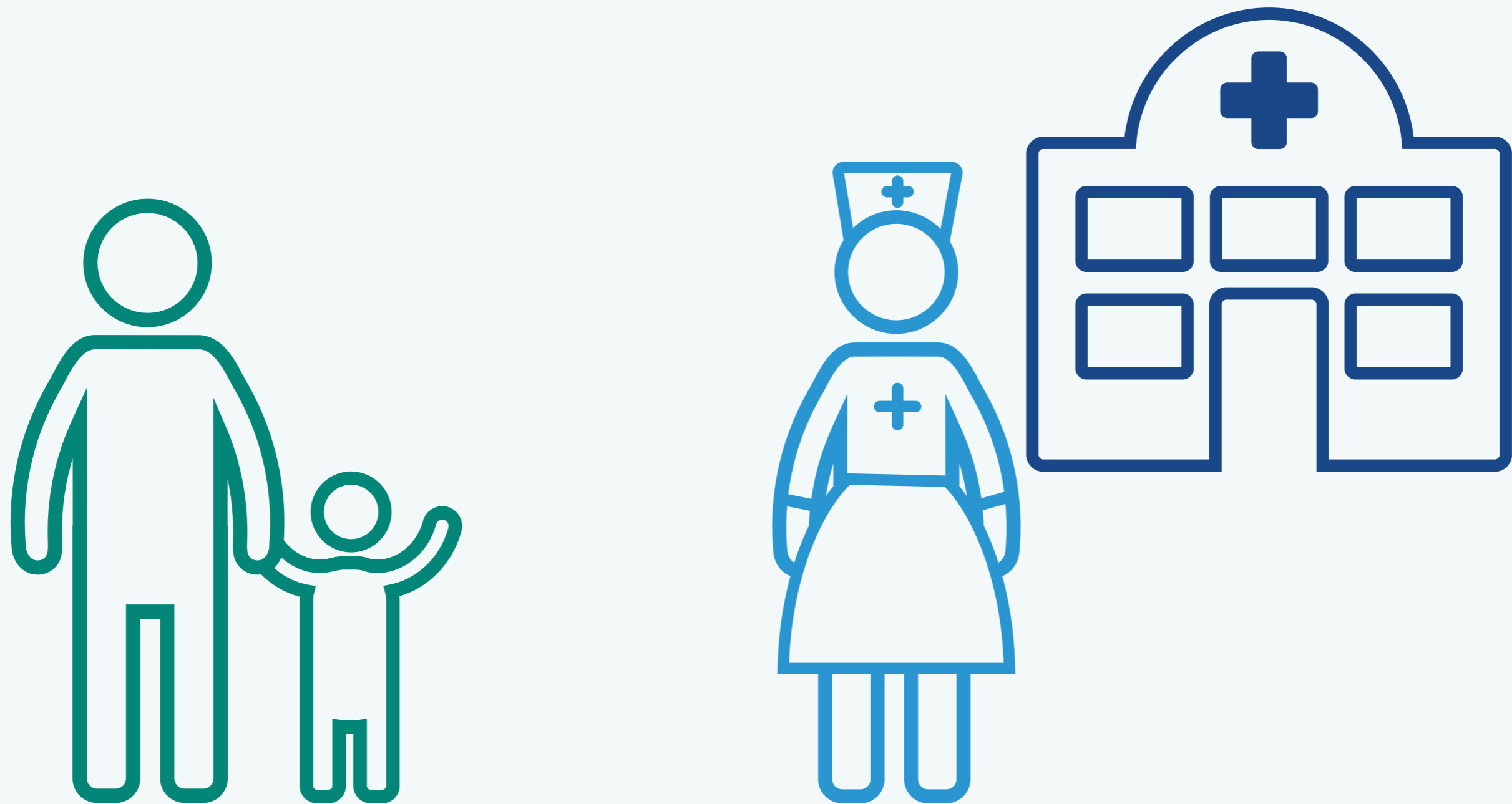
How many people develop Long COVID?

Approximately 1 in every 5 individuals who contract SARS-CoV-2 infection develop Long COVID.



When should you seek care for Long COVID?

You should seek medical care if you experience symptoms persisting for three months or more after a SARS-CoV-2 infection. Healthcare providers may conduct evaluations, including blood tests, blood pressure and heart rate monitoring, and other tests, to assess the impact of symptoms on daily life.



Management and Treatment of Long COVID

Long COVID is managed according to the presenting symptoms and not by a single cure. The management of long COVID focuses on relieving and addressing the specific symptoms and improving the patient's overall quality of life.



Wear a face mask



Cover your cough or sneeze with your elbow



Frequent hand washing



Visit local health facility for vaccination

**For more information,
dial *719# or chat
with us via WhatsApp
at 0700719719.**

**You can also visit the
Ministry of Health Website:
<https://health.go.ke>**

