

LONG COVID INFO SHEET

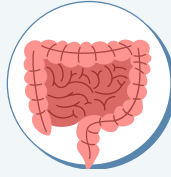
- 75.4% of U.S. adults had at least one increased-risk condition, 40.3% ≥ 2 & 18.5% ≥ 3 conditions ([Ajufo et al., 2021](#)).
- CDC defines high risk: "racial and ethnic minority groups", pregnant people, infants, age 65+, developmental disabilities, mood disorders, diabetes, asthma, autoimmune diseases, & more
 - CDC: symptoms can last weeks, months, years or be lifelong.
- American Medical association: 20-30% will develop long Covid
 - 200+ potential symptoms
- Risk increases with each infection ([Bowe et al., 2022](#)).
- 70% of individuals with long COVID exhibited evidence of damage to at least one organ ([Li et al., 2023](#)).
- Many LC patients meet criteria for ME/CFS ([Jason & Dorri, 2022](#)).
- Children are impacted at similar rates to adults
- Multiple potential pathogenic pathways



POTENTIAL SYMPTOMS



Brain: memory loss, concentration problems, dizziness/balance issues, autonomic dysfunction, depression, anxiety, increased suicidality, PTSD, psychosis, stroke, sleep issues, tinnitus, increased risk of neurodegenerative diseases



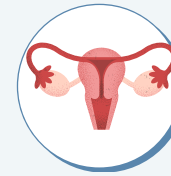
Gastrointestinal: GI disorders (IBS, IBD), constipation, loss of appetite, new food sensitivities, abdominal pain & heartburn



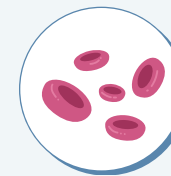
Respiratory: cough, breathing difficulty, hypoxia, chest burning, pulmonary embolisms



Cardiac: myocarditis, tachycardia, atrial fibrillation, micro-clots, inflammation, arrhythmias, heart attack



Reproductive: menstrual changes, clotting, worsened PMS, miscarriage, stillbirth, erectile dysfunction, decreased sperm count, fertility issues



Immune system: immune dysregulation, increased susceptibility to fungal/bacterial infections, lymphopenia



Musculoskeletal: musculoskeletal & joint pain, loss of muscle tissue & decreased skeletal muscle mass



Other: Fatigue, weakness, seizures, POTS, paresthesia, loss of vision/hearing/smell/taste, kidney problems, swelling legs/feet, rashes, hair loss, liver damage, autoimmune diseases, inflammation, pancreatic problems & more