

## How to prevent Long Covid

- 🛡️ Do not catch Covid-19! To prevent Long Covid, protect yourself and others. Having up to date Covid-19 vaccination status can significantly reduce the risk of severe acute
- ✍️ Covid-19 and hospitalisation, alongside Long Covid.
- 👤 The use of face masks such as the FFP2 can reduce the risk of contracting the airborne virus.
- 🏠 Good ventilation- open windows, air cleaners & HVAC filters

## Management & Treatment

The National Institute for Health and Care Excellence (NICE), alongside the National Health Service (NHS) have developed framework and guidance for clinicians and primary care settings

Multidisciplinary approaches have the best outcomes to ensure all symptoms and presentations of Long Covid are being managed.

Rehabilitation programmes can be helpful where appropriate to use but these should be with caution and discussed with specialist teams such as occupational therapists and physiotherapists. Physical exertion should be carefully managed as there is evidence to demonstrate in some cases it has made symptoms and the trajectory of Long Covid worst.

Medications to help reduce and/or alleviate symptoms have been helpful.

## Caring for someone with Long Covid

- 📖 Read to gain further understanding, especially from those who have experience directly.
- 👂 Active listening & compassion is vital.
- 👐 Physical support such as personal care, household tasks, running errands & helping organise medical appointments
- 🗣️ Raising awareness & advocating. Contributing to scientific research & fundraising to improve resources.

## Support Services

  
Long Covid support, research updates and more [www.LongCovid.org](http://www.LongCovid.org)

  
C19-YRS- Digital platform, recommended by the NHS, NIHR & NICE.

  
Visible App-Tracking symptoms for Long Covid and ME/CFS  
[www.makevisible.com](http://www.makevisible.com)

  
[www.mind.org.uk](http://www.mind.org.uk)

  
Open Medicine Foundation  
<https://www.omf.ngo>

# Long Covid

An information flyer for those living with Long Covid, their families/carers & the general population.

Long Covid is affecting at least 65 million individuals worldwide and without clear treatment plans in place this figure is likely to continue rising. Long Covid is a multi-system condition, resulting a large number of the population missing from their everyday lives.

## What is Long Covid?



Long Covid is a multitude of symptoms that linger and continue after an acute Covid-19 infection has passed, preventing an individual returning to their pre-Covid health.

## Pathophysiology of Long Covid

Post-viral conditions are not new, however due to the novelty of the Covid-19 virus, the causes of Long Covid are still being explored.

Underlying mechanisms of Long Covid are suggested to be caused by a combination of factors:

- Virus persistence. There is evidence to suggest that the SARS-CoV-2 virus produces its own proteins into various cells within the body including the cardiovascular system and gastrointestinal systems. These proteins can trigger autoimmunity from the infection.
- Reactivation of dormant viruses such as herpesviruses and Epstein-Barr virus.
- Inflammation in one organ can cause alterations in various tissues and organs, including prolonged changes in the bodies central nervous system.
- Changes to the blood and cortisol levels.

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## What are the signs and symptoms of Long Covid?

There are over 200 listed symptoms associated with Long Covid, some of which are in shown in the Figure 1, with symptoms across multiple organ systems. There are similarities in the chronic presentation of Long Covid, with Myalgic encephalomyelitis/Chronic fatigue syndrome (ME/CFS).



Figure 1. Image displaying some of the LC symptoms

## Who is at risk of Long Covid?

Anyone!

- Long Covid often occurs in those who were previously healthy.
- Up to 45% of people who contract Covid-19 may go on to develop Long Covid.

There are factors that research has indicated that increases risk of developing Long Covid:



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## Long Covid & The Brain

Inflammation in the brain, specifically in the Hippocampus region has been attributed to neurological issues in those with Long Covid.

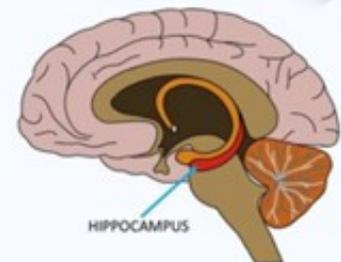


Figure 2. Image of the brain, pointing out the Hippocampus

The hippocampus is located in the medial temporal lobe of the brain and is part of the limbic system, playing a critical role in the formation of new memories, spatial navigation, and emotional regulation.

It can be damaged by inflammatory responses, lack of oxygen, direct infection, and blood clots and damage to this region can lead to neurodegenerative diseases.

Neuropsychological tests, scans and blood tests are helpful indicators to access hippocampal damage in order to provide comprehensive care.

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