



Long COVID-19

Ask a Pharmacist Office Hours

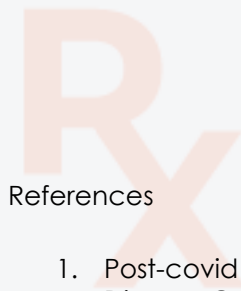
1. The term post-COVID conditions, often referred to as “long COVID,” describes long-term symptoms that continue for four weeks after initial infection with SARS-CoV-2.¹
2. Long COVID is thought to affect up to 5% of non-hospitalized and as many as 80% of hospitalized patients.²
3. Persons between the ages of 40 and 54 years, female, or with preexisting conditions have greater odds of developing post-COVID conditions.²
4. Most commonly reported symptoms¹:

Dyspnea or increased respiratory effort	Fatigue	Post-exertional malaise and/or poor endurance
“Brain fog” or cognitive impairment	Cough	Chest pain
Headache	Palpitations and/or tachycardia	Arthralgia (joint pain)
Myalgia (muscle pain)	Paresthesia	Abdominal pain
Diarrhea	Insomnia and other sleep difficulties	Fever
Lightheadedness	Impaired daily function and mobility	Pain
Rash (e.g. urticaria)	Mood changes	Anosmia (loss of smell) or dysgeusia (taste distortions)
Menstrual cycle irregularities		



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References

1. Post-covid conditions: Information for healthcare providers. Centers for Disease Control and Prevention. <https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/post-covid-conditions.html>. Published July 9, 2021. Accessed April 19, 2022.
2. Post-Acute sequelae of SARS-COV-2 infection among adults aged ≥ 18 years - Long Beach, California, April 1–December 10, 2020. Centers for Disease Control and Prevention. <https://www.cdc.gov/mmwr/volumes/70/wr/mm7037a2.htm>. Published September 30, 2021. Accessed April 19, 2022.



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