**What are the long-term effects of Covid?**

***Actually, until many more months and years, pass, we will not really know exactly what and how much harm the human body suffers from the multiple versions of Covid.***

***We know that Covid does harm, and even today the symptoms last for months, damaging our lungs, our hearts and brain.***

Many people sick from coronavirus disease 2019 (COVID-19) recover completely within weeks, but some who only suffered mildly, continue suffering after apparent recovery. The term “**long hauler**” is used to describe those who continue to have symptoms after they have “recovered.”

Not surprisingly, seniors and people with serious medical issues are most likely to suffer long term symptoms. A list of the long term COVID symptoms provided by the Mayo Clinic is quoted as follows: **Begin quote from article.**

“Common signs and symptoms that linger

Fatigue

Shortness of breath or difficulty breathing

Cough

Joint pain

Chest pain

Memory, concentration or sleep problems

Muscle pain or headache

Fast or pounding heartbeat

Loss of smell or taste

Depression or anxiety

Fever

Dizziness when you stand

Worsened symptoms after physical or mental activities

Organ damage caused by COVID-19

Although COVID-19 is seen as a disease that primarily affects the lungs, it can also damage many other organs, including the heart, kidneys and the brain. Organ damage may lead to health complications that linger after COVID-19 illness. In some people, lasting health effects may include long-term breathing problems, heart complications, chronic kidney impairment, stroke and Guillain-Barre syndrome — a condition that causes temporary paralysis.

Some adults and children experience multisystem inflammatory syndrome after they have had COVID-19. In this condition, some organs and tissues become severely inflamed.

**Blood clots and blood vessel problems**

COVID-19 can make blood cells more likely to clump up and form clots. While large clots can cause heart attacks and strokes, much of the heart damage caused by COVID-19 is believed to stem from very small clots that block tiny blood vessels (capillaries) in the heart muscle.

Other parts of the body affected by blood clots include the lungs, legs, liver and kidneys. COVID-19 can also weaken blood vessels and cause them to leak, which contributes to potentially long-lasting problems with the liver and kidneys.

**Problems with mood and fatigue**

People who have severe symptoms of COVID-19 often have to be treated in a hospital's intensive care unit, with mechanical assistance such as ventilators to breathe. Simply surviving this experience can make a person more likely to later develop post-traumatic stress syndrome, depression and anxiety.

Because it's difficult to predict long-term outcomes from the new COVID-19 virus, scientists are looking at the long-term effects seen in related viruses, such as the virus that causes severe acute respiratory syndrome (SARS).

Many people who have recovered from SARS have gone on to develop chronic fatigue syndrome, a complex disorder characterized by extreme fatigue that worsens with physical or mental activity, but doesn't improve with rest. The same may be true for people who have had COVID-19.

**Many long-term COVID-19 effects still unknown**

Much is still unknown about how COVID-19 will affect people over time, but research is ongoing. Researchers recommend that doctors closely monitor people who have had COVID-19 to see how their organs are functioning after recovery.

Many large medical centers are opening specialized clinics to provide care for people who have persistent symptoms or related illnesses after they recover from COVID-19. Support groups are available as well.

It's important to remember that most people who have been infected by COVID-19 recover quickly. Victims of Omicron are having milder symptoms and are recovering more quickly.

But the potentially long-lasting harm from any COVID variant makes it even more important to reduce the spread of any COVID variant by following known precautions. Precautions include wearing masks, social distancing, avoiding crowds, getting a vaccine when available and keeping hands clean.” **End quoted article**.

Covid and all its variants need to be treated seriously by everyone. Man must kill this virus before it kills Man. Of course, some people will survive the virus, but the number of surviving “long haulers,” will keep our healthcare system busy for a long time. BOO!

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**SOURCE:**

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**COVID-19 symptoms can sometimes persist for months. The virus can damage the lungs, heart and brain, which increases the risk of long-term health problems*.***

**By Mayo Clinic Staff, October 22, 2021**

Most people who have coronavirus disease 2019 (COVID-19) recover completely within a few weeks. But some people — even those who had mild versions of the disease — continue to experience symptoms after their initial recovery.

These people sometimes describe themselves as "long haulers" and the conditions have been called post-COVID-19 syndrome or "long COVID-19." These health issues are sometimes called post-COVID-19 conditions. They're generally considered to be effects of COVID-19 that persist for more than four weeks after you've been diagnosed with the COVID-19 virus.

Older people and people with many serious medical conditions are the most likely to experience lingering COVID-19 symptoms, but even young, otherwise healthy people can feel unwell for weeks to months after infection. Common signs and symptoms that linger

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Shortness of breath or difficulty breathing

Cough

Joint pain

Chest pain

Memory, concentration or sleep problems

Muscle pain or headache

Fast or pounding heartbeat

Loss of smell or taste

Depression or anxiety

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***https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/coronavirus-long-term-effects/art-20490351***