

Long Haul COVID is REAL !

According to February 23, 2021 reports from CNN, **multiple** recent studies bringing forth evidence on COVID victims having continued symptoms long after their initial case has subsided. COVID, the tricky virus that it is, continues to affect many people in various ways. A man – 50 – reported (chest pain, nerve damage, seizures, tremors, even loss of vision.) another woman – 34 – along with her physical ailments claims to also suffer from cognitive symptoms including, (Brain fog, fatigue, confusion, even concentration issues). Both seem to have ever evolving symptoms months after their COVID diagnosis.

There are groups of people who have since not recovered self-proclaimed as ‘Covid Long-Haulers’. These individuals have what is known as ‘post COVID syndrome’ which lengthens the effects of the symptoms. Some of them have only been experiencing long winded symptoms a few months, while others have had it as long as a year. Doctors have not yet been able to pinpoint a pattern, as victims of these elongated symptoms vary vastly in age and ethnicity. These long-term symptoms are speculated to be caused by extended hospital residence, known to have lasting affects on the body. Some symptoms can be said to come from autoimmune disease triggered by high levels of inflammation. Some are said to simply be direct infection from the virus. But all in all, these symptoms are said to be manageable through supportive care. This practice includes plenty of resting, stress reduction and eating healthy.

Studies are being conducted worldwide by hospitals, Universities and news outlets to trace the progression of the long-term effects of the SARS-CoV-2 virus. In a Chinese city in Wuhan, reportedly 76% of a group of 1,773 COVID patients were still experiencing COVID symptoms up to 6 months after their initial symptoms began. These results seem to be recurring in similar studies nationwide.