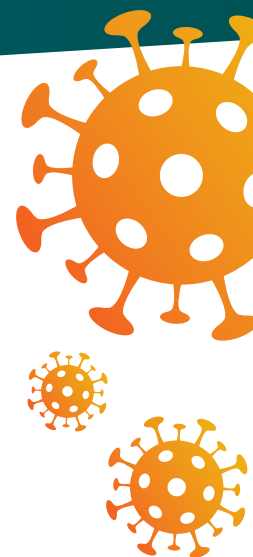


Long Covid Information for Children and Young People



What is 'long Covid'?

The phrase refers to COVID-19 symptoms that develop or persist at least four weeks after the infection started. It might be 'ongoing symptomatic COVID-19' with effects lasting 4 to 12 weeks after infection, or 'post-COVID-19 syndrome' where symptoms still remain 12 or more weeks later.

Anyone infected with COVID-19 can get long Covid – even if the original symptoms were mild. This includes young people aged 0 to 25 years. Research shows* that between 1.8% and 53% of children who tested positive for COVID will have at least one symptom suggesting long Covid.

What are the symptoms?

The most frequently reported* symptoms are changes in a young person's:

- **Energy levels** (83.3% of children are affected)
- **Mood** (58.8%)
- **Sleep** (56.3%)
- **Appetite** (49.6%)

Think: Long Covid Top Ten

The 10 most common signs to watch for**



Nausea



Gastrointestinal Issues



Chest Pain



Headaches



Fatigue



Mood Changes



Dizziness



Rashes



Sore Throat



Joint Pain

Remember, children may experience these difficulties in different ways from adults.



I think a young person might have long Covid – what should I do?

If you are worried that you or your child have any of these symptoms severely enough to affect everyday life, please book an appointment with your GP. Ask for a referral to the long Covid team. Your GP might need to do some tests to rule out other conditions before making a referral.

What is the long Covid team and what help do they offer?

We are a team of doctors, nurses, physiotherapists and other **allied health professionals**. We deliver treatment to promote recovery and help you or your child and their school manage long Covid symptoms. We do this through assessment, support groups, education and rehabilitation.

Where can I find out more?



www.provide.org.uk/service/mid-and-south-essex-long-covid-team



www.yourcovidrecovery.nhs.uk



www.longcovidkids.org

* Scientific references: www.researchsquare.com/article/rs-798316/v1
and [www.thelancet.com/journals/lanchi/article/PIIS2352-4642\(21\)00198-X/fulltext](https://www.thelancet.com/journals/lanchi/article/PIIS2352-4642(21)00198-X/fulltext)

** Images courtesy of www.longcovidkids.org and for illustrative purposes only

