

COVID-19 vaccines help improve Long COVID symptoms

It is not entirely certain why the vaccine improves Long COVID symptoms. It may be due to the strengthening of the immune system against COVID-19 in general after being fully vaccinated. After receiving a full COVID-19 vaccination series, people have shown to have more rapid improvement in their symptoms after acquiring COVID-19.

1 in 13 adults in the United States have experienced Long COVID symptoms

Post-virus syndromes are not limited to COVID-19 and our knowledge of them dates back decades in time. Some viruses, like the flu or even the common cold, can cause debilitating tiredness for months after infection. Other viruses like chicken pox and polio have been known to cause health issues many years, sometimes decades, after the original infection.

The percentage of people who have experienced Long COVID has significantly decreased compared to previous statistics of 2020 and 2021. A study published in November 2021 showed that 1 in 2 people who survived COVID-19 were still experiencing physical and mental health issues 6 months or more after their infection. Today, we are seeing these numbers decline due to the efficacy and demand of the COVID-19 vaccines with the US having an estimated 70% fully vaccinated rate.

Children and Long COVID

Long COVID conditions seem to be less common in children and adolescents compared to adults. Evidence shows the prevalence of Long COVID in children to be around 4% less likely. However, long-term effects of COVID-19 can still be seen in these populations. We may not know the true impact of Long COVID on children until they reach adulthood and beyond; however, children should receive the appropriate COVID-19 vaccine as long as they are older than 6 months of age.

The vaccination will help to protect children against transmission and long-term effects due to COVID-19 even if they are infected. This will reduce the likelihood of missed school days due to bothersome symptoms they may experience.

A Shot for Alabama Support



For help with COVID-19 vaccine questions, concerns, and assistance with vaccine scheduling, you can contact the Shot for Alabama Call Center:

334-844-2018



For More Information on COVID-19 Vaccines and Resources, please visit our webpage:

<https://aub.ie/shot4alabama/>



A Shot for Alabama is a collaboration between the Harrison College of Pharmacy and the Alabama Cooperative Extension System



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WHAT IS LONG COVID?



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What is Long COVID?

Long COVID, also named “post COVID conditions” or “chronic COVID,” is a term used to describe the long-term effects experienced by people who have been infected with COVID-19. These post COVID conditions include a variety of health problems that present at least 4 weeks after infection and can last for weeks to months or even years.

There are 3 different types of Long COVID

1. People do not recover 100% from COVID-19 and have ongoing symptoms because the virus damaged cells
2. Symptoms related to long hospitalizations for COVID-19
3. Symptoms that appear after COVID-19 recovery

Long COVID can occur in any person

Many “young and healthy” people do not feel concerned about getting infected with COVID-19. Truthfully, most young and healthy people will not have severe symptoms with the infection. But, the young and healthy are vulnerable to severe debilitation from Long COVID.

A big risk for anyone who gets infected with SARS-CoV-2, the virus that causes COVID-19, is the chronic health issues that it can leave behind. Instead of returning to a previous state of health, people are having to deal with health problems that they may never have thought they would experience.

Who gets Long Covid?

Long COVID is found to be more common in people who experienced a severe case of COVID-19 illness, but anyone can experience Long COVID if they have been infected with COVID-19.

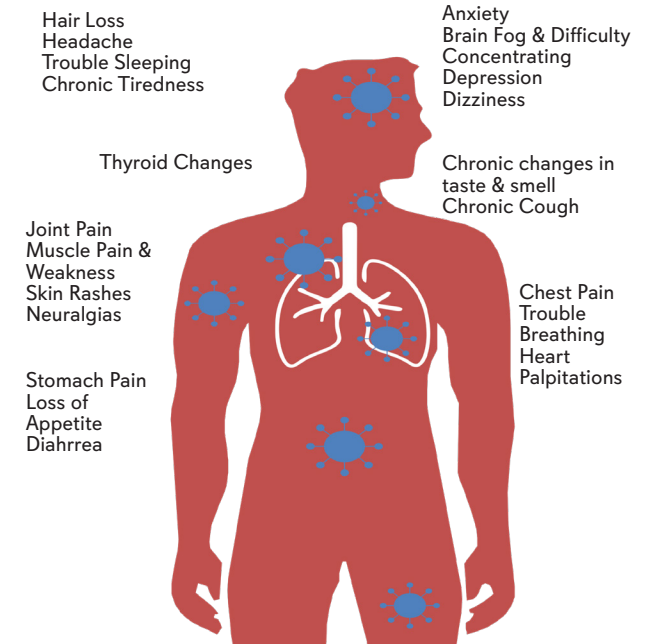
Populations at Greater Risk

1. Unvaccinated Individuals
2. People with underlying health conditions prior to COVID-19
3. People hospitalized for severe COVID-19
4. Multisystem inflammatory syndrome



What does Long COVID look like?

As Long COVID continues to be studied, a variety of symptoms can be linked to the virus. The seriousness of Long COVID is that the virus can impact many organs of the body. Over time, symptoms may improve, but may not disappear entirely.



COVID-19 vaccines prevent Long COVID

The COVID-19 vaccine is proven to be both safe and effective at preventing people from developing Long COVID and ending up in the hospital. Fully vaccinated people who have received a primary series plus booster doses are 52% to 69% less likely to be hospitalized due to COVID-19.

Vaccine effectiveness against Long COVID is proven to be 80% more effective a week after a 4th dose of the COVID-19 vaccine as compared to 3 doses. The more doses a person receives of COVID-19 vaccine, the more protected they are from the effects of Long COVID. It is still possible to develop COVID-19 after the vaccinations; however, the risk for Long COVID associated hospitalizations and death has been proven to be dramatically reduced by 90%.

1 dose vs. 2 doses of COVID-19 Vaccine

Data Source: The Lancet

