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promote a healthy  
community for all.



**HEALTH**  
DEPARTMENT  
*Caring today for a healthy tomorrow*

## BULLETIN BITS

KENT COUNTY COVID-19 CHURCH TASKFORCE

[WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS](http://WWW.ACCESSKENT.COM/HEALTH/CORONAVIRUS)

WEEK OF DECEMBER 13, 2020

# LONG HAULERS: COVID SYMPTOMS LASTING FOR SOME

Maybe you've heard of them, the Long Haulers, the people who have had COVID-19 and continue to experience symptoms after their initial recovery. The long-term effects of COVID-19 symptoms can sometimes persist for months. Most people who have coronavirus recover completely within a few weeks. But some people — even those who had mild cases of the disease — continue to experience symptoms. Older people and people with 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.

The most common signs and symptoms that linger over time include:

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other lingering symptoms reported:

- Muscle pain or headache
- Fast or pounding heartbeat
- Loss of smell or taste
- Memory, concentration or sleep problems
- Rash or hair loss

About 30% of COVID-19 patients demonstrate lingering cognitive impairments.

A reported 26.5% of symptoms experienced by long haulers are typically painful.

### Resources for Long Haulers

Survivor Corps

Nationwide grassroots movement for those affected by COVID 19  
<https://www.survivorcorps.com>

Hope Network Neuro Rehabilitation Post COVID Recovery Program  
885-407-7575

<https://hopenetwork.org/neuro-rehab/post-covid-rehab/>

After months of experience with COVID-19, medical researchers have learned a lot about the disease, but much is still unknown about how COVID-19 will affect people over time. The condition has been called post-COVID-19 syndrome or "long COVID-19." A recent study at Indiana University School of Medicine surveyed Long Haulers about the COVID-19 symptoms they are experiencing. Of those who took the survey they recorded 98 long-term symptoms. Dr. Natalie Lambert, associate research professor overseeing the study said "the new symptoms our study identified include severe nerve pain, difficulty concentrating, difficulty sleeping, blurry vision, and even hair loss". Future research must focus on a wide range of symptoms to develop needed medical therapies and treatments.

It's important to remember that most people who have COVID-19 recover quickly without becoming a long hauler. But the potentially long-lasting problems from COVID-19 make it even more important to reduce the spread of the disease by following precautions such as wearing masks, avoiding crowds and keeping hands clean.



## COVID-19 Vaccines Are Coming



Local planning is underway to prepare for the delivery of the COVID-19 vaccines. Guidance from the Centers for Disease Control and the Michigan Department of Health and Human Services is being followed to assure a smooth deployment of the vaccine in Kent County.

Even when COVID-19 vaccines start to be administered, it will take some time to slow or stop the spread of the virus. It is estimated that to control COVID-19, about 7 or 8 of every 10 people will need to be immune. In the US, that means almost 250 million people would need to be immune, either through disease or through vaccination.

Stopping a pandemic requires using all the tools available. Vaccines work with your immune systems so your body will be ready to fight the virus if you are exposed. Other steps like masks and social distancing help reduce your chance of being exposed to the virus or spreading it to others. Together these will all offer the best protection from COVID 19.

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/vaccine-benefits/facts/html>