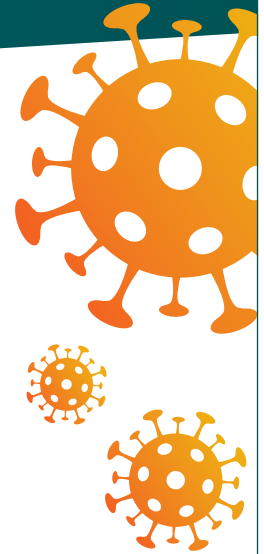


# Long Covid Information for Children and Young People



## 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](http://www.provide.org.uk/service/mid-and-south-essex-long-covid-team)
-  [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)
-  [www.longcovidkids.org](http://www.longcovidkids.org)

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

\*\* Images courtesy of [www.longcovidkids.org](http://www.longcovidkids.org) and for illustrative purposes only