

Fight or Flight

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COVID-19 may affect long-term 'fight or flight' response in young adults

The effects of covid on flight or fight response

Who: Young adults who recovered from Covid-19

What: A more active fight or flight response

How: A higher level of activity in the sympathetic nervous system

Where: The sympathetic nervous system.

Why: It is unclear based on the study, but it is theorized to be an effect of covid on blood flow.