

What we know about **Long-term effects of COVID-19**

THE LATEST ON THE COVID-19 GLOBAL SITUATION & LONG-TERM SEQUELAE

Overview

• <u>Current global situation</u>	3
• <u>Long-term effects of COVID-19</u>	8
• <u>Monitoring social media</u>	14
• <u>WHO guidance & resources</u>	15
• <u>Upcoming events</u>	19

Current global situation

As of 06 September 2020; (10H CEST)

- **> 26 million cases**

- 5 countries with highest cumulative number of cases



United States of America



India



Brazil



Russian Federation



Peru

- **> 870,000 deaths**

- 5 countries with highest cumulative number of deaths



United States of America



Brazil



India



Mexico

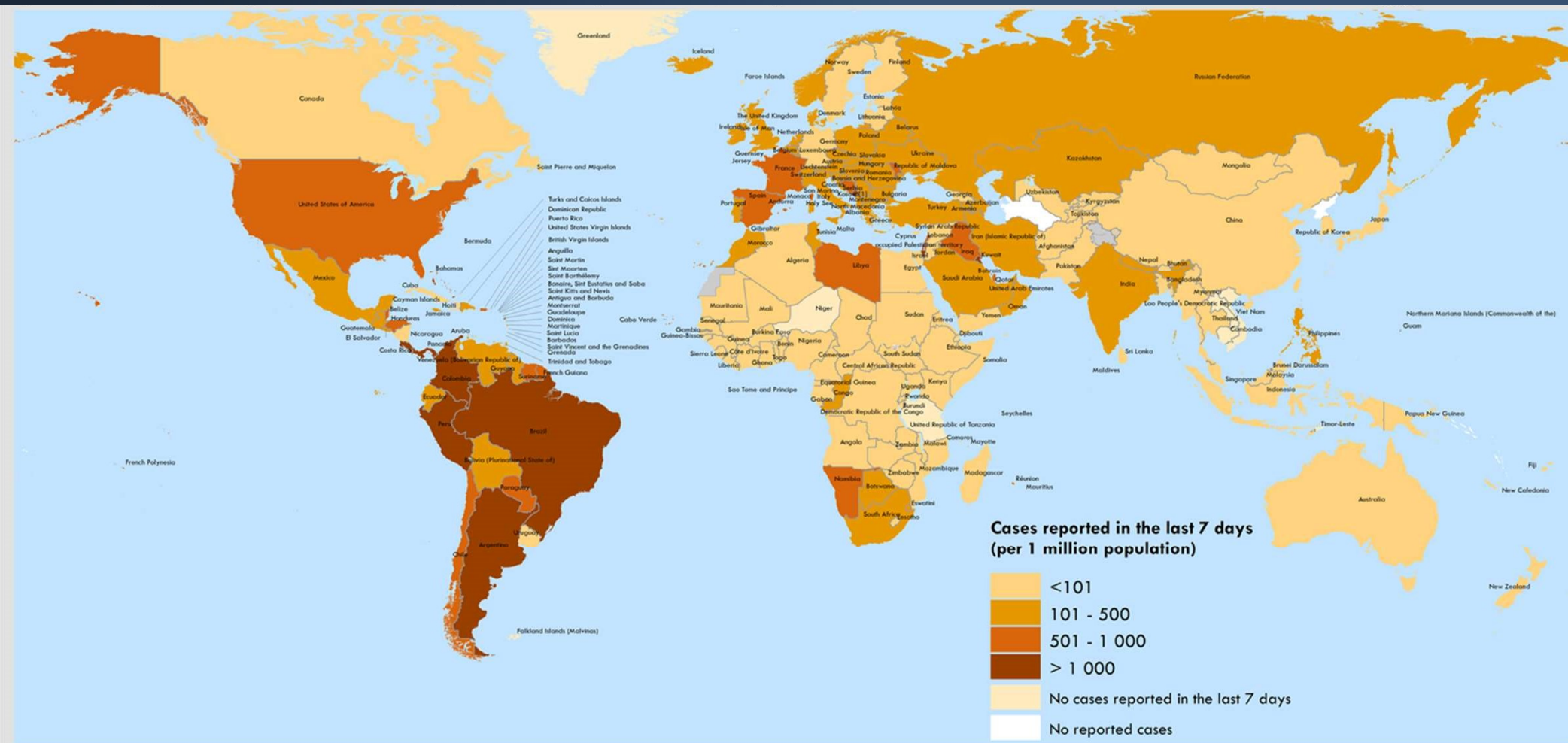


The United Kingdom

COVID-19 cases reported in the last 7 days

Per million population

(FROM 31 AUGUST 2020, 10:00AM CEST to 06 SEPTEMBER 2020, 10:00 AM CEST)



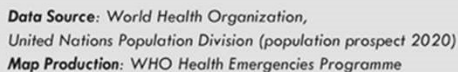
Data Source: World Health Organization,
United Nations Population Division (population prospect 2020)
Map Production: WHO Health Emergencies Programme

Not applicable

0 2,500 5,000 km
© World Health Organization 2020. All rights reserved.

The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement. [1] All references to Kosovo in this document should be understood to be in the context of the United Nations Security Council resolution 1244 (1999). Number of cases of Serbia and Kosovo (UNSCR 1244, 1999) have been aggregated for visualization purposes.

FROM 31 AUGUST 2020, 10:00AM CEST to 06 SEPTEMBER 2020, 10:00 AM CEST)



0 2,500 5,000 km

© World Health Organization 2020. All rights reserved.

The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement. [1] All references to Kosovo in this document should be understood to be in the context of the United Nations Security Council resolution 1244 (1999). Number of cases of Serbia and Kosovo (UNSCR 1244, 1999) have been aggregated for visualization purposes.

COVID-19 transmission classification by country

As of 06 September 2020; (10H CEST)

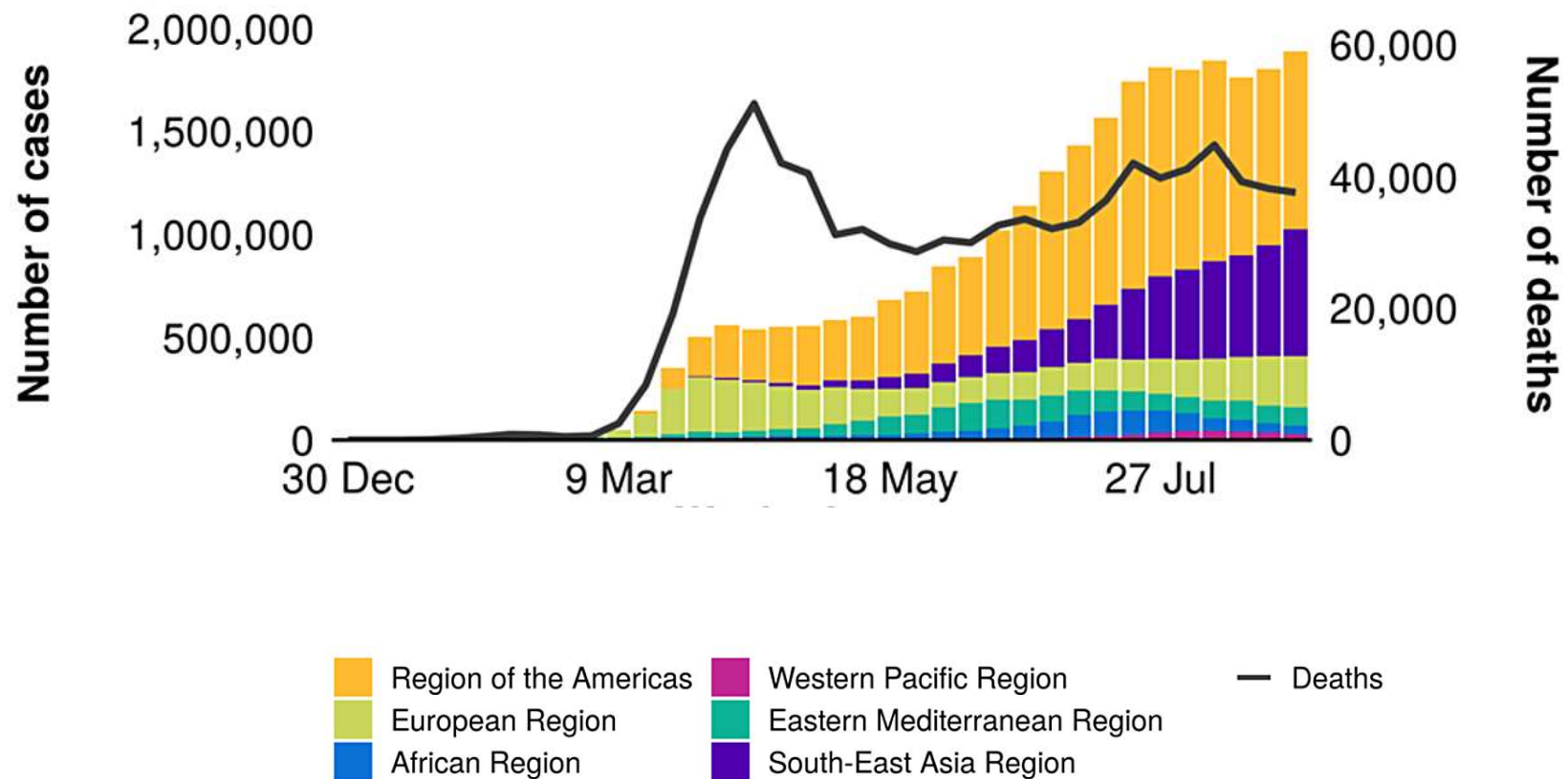


Data Source: World Health Organization
Map Production: WHO Health Emergencies Programme

The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or boundaries. Dotted and dashed lines on maps represent approximate border lines for which there may not yet be full agreement. [1] All references to Kosovo in this document should be understood to be in the context of the United Nations Security Council resolution 1244 (1999).

Current global situation

(Cases reported to WHO as of 06 September 2020, 10:00 CEST)



* Cases depicted by bars; deaths depicted by line

COVID-19 disease severity and lingering symptoms

- Most people with COVID-19 experience **mild symptoms** or **moderate illness**.
- Approximately **10-15% of cases progress to severe disease**, and about **5% become critically ill**.
- Typically people recover from COVID-19 after 2 to 6 weeks. (See figure below)
- For some people, **some symptoms may linger** or recur for weeks or months following initial recovery. This can also happen in people with mild disease. People are not infectious to others during this time.
- Some patients develop medical complications that may have lasting health effects.

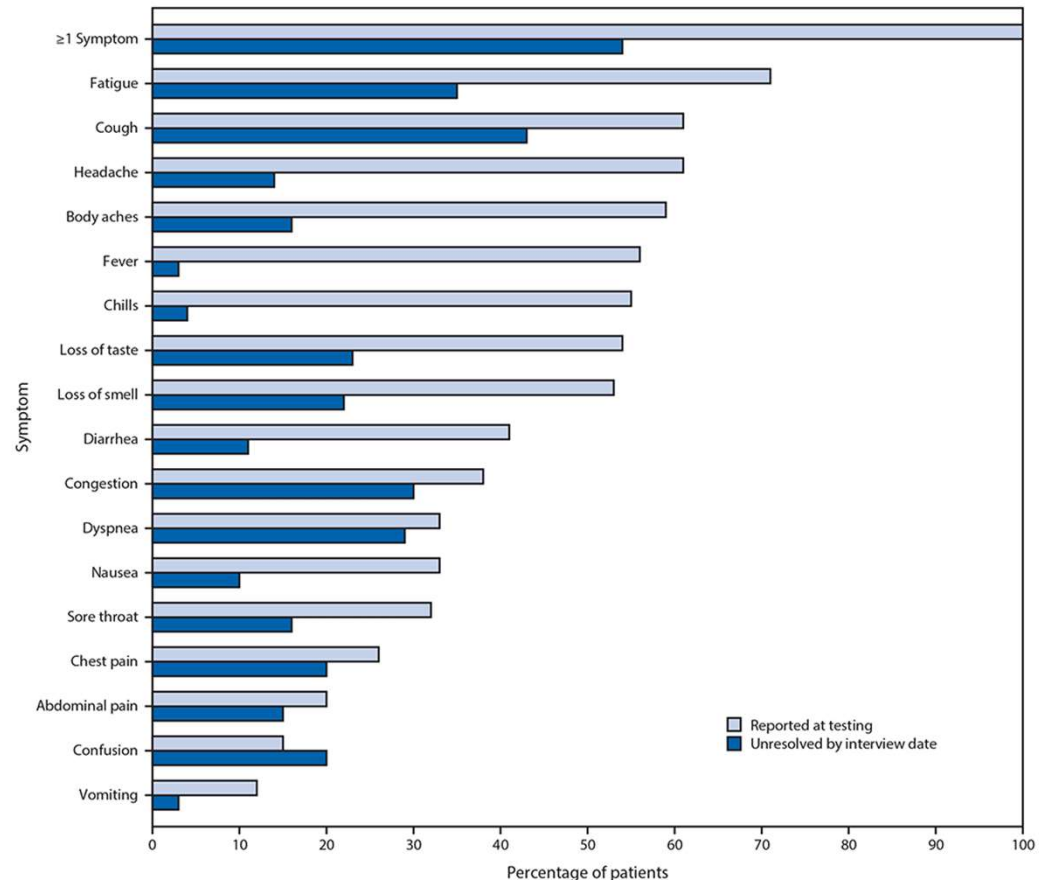


Lingering symptoms reported by participants of a multi-state phone study in the USA

Symptoms which may persist:

- Fatigue
- Cough, congestion or shortness of breath
- Loss of taste or smell
- Headache, body aches
- Diarrhea, nausea
- Chest or abdominal pain
- Confusion

Self-reported symptoms at the time of positive SARS-CoV-2 testing results and unresolved symptoms 14–21 days later among outpatients (N = 274) United States, March–June 2020



Source:

https://www.cdc.gov/mmwr/volumes/69/wr/mm6930e1.htm#F1_down

What we know about people who feel they do not fully recover from COVID-19

- **COVID-19 can sometimes result in prolonged illness**, even in young adults and children without underlying chronic medical conditions.
- There are many case reports from people who do not regain their previous health following COVID-19.
- Little is known about the clinical course of COVID-19 following milder illness.
- In a telephone survey of symptomatic adults who had a positive outpatient test result for SARS-CoV-2, 35% had not returned to their usual state of health when interviewed 2–3 weeks after testing.¹
- Among those 18 to 34 years in good health, 20% (1 in 5) reported that some symptoms were prolonged.
- **Risk factors for persistence of symptoms:** high blood pressure, obesity, mental health conditions.

¹ <https://www.cdc.gov/mmwr/volumes/69/wr/mm6930e1.htm>

Long-term health effects of other coronavirus infections

A study was performed on the long term effects of severe acute respiratory syndrome (SARS), the coronavirus that emerged in 2003

- This study showed there was **persistent and significant impairment of exercise capacity** and health status in survivors of SARS over 24 months. Health workers who had SARS experienced even more marked adverse impact¹
- Another study, revealed that **40%** of people recovering from SARS still had chronic fatigue symptoms 3.5 years after being diagnosed²

¹ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7192220/>

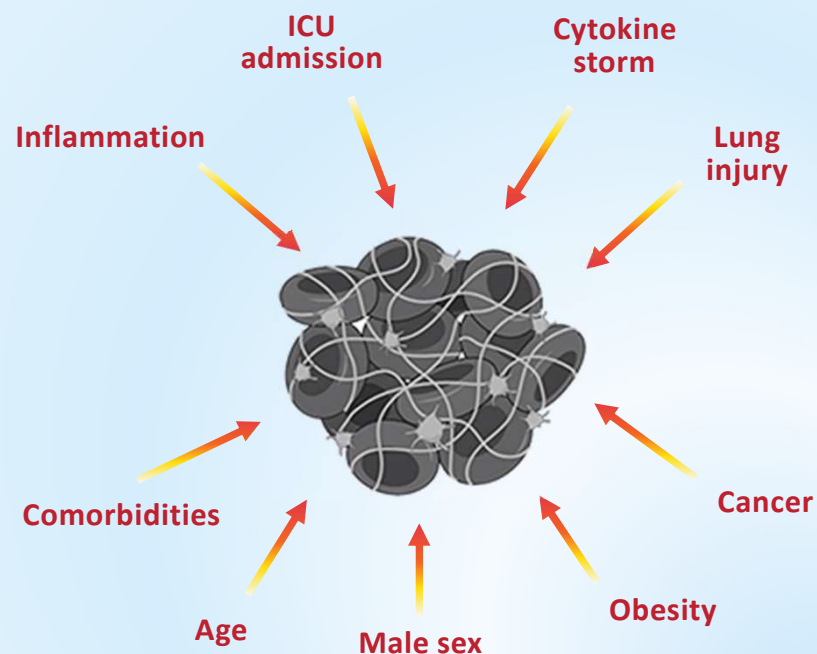
² <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/415378>

COVID-19 may increase the risk of long-term health problems

Body systems and organs that can be affected :

- **Heart**
 - Damage to heart muscle, heart failure
- **Lungs**
 - Damage to lung tissue and restrictive lung failure
- **Brain and the nervous system**
 - Loss of sense of smell (anosmia)
 - Consequences of thrombo-embolic events such as pulmonary embolism, heart attack, stroke
 - Cognitive impairment (e.g. memory and concentration)
- **Mental health**
 - Anxiety, depression, post-traumatic stress disorder and sleep disturbance
- **Musculoskeletal and others**
 - Pain in join and muscles
 - Fatigue

COVID-19 related risk factors for venous thromboembolism



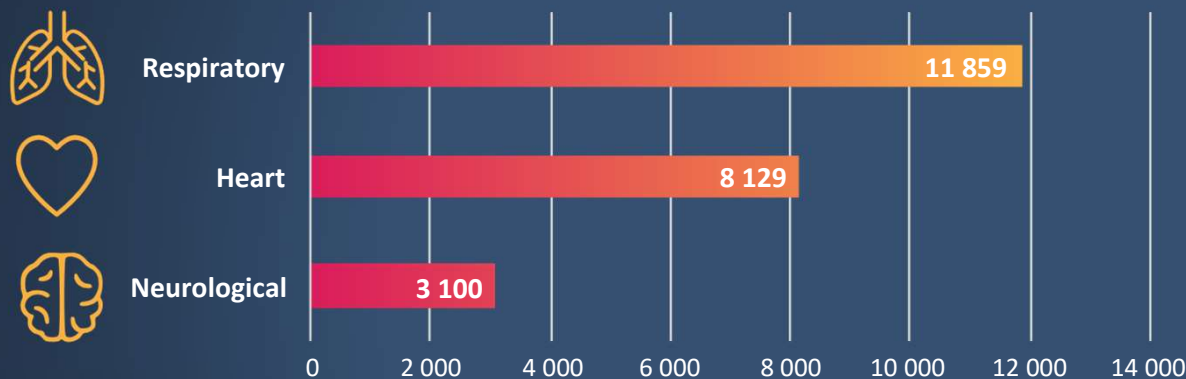
What does this mean for patients?

- **COVID-19 can result in prolonged illness and persistent symptoms**, even in young adults and persons with no underlying medical conditions who were not hospitalized
- **Much is still unknown** about how COVID-19 affects people over time
- **More time and research is needed** to understand:
 - the long-term effects of COVID-19
 - why symptoms persist or recur
 - how these health problems affect patients
 - the clinical course and likelihood of full recovery
- **Effective public health messaging for young adults** is warranted

Monitoring social media on long-term effects

Most discussed topics surrounding long-term effects of COVID-19 on social media

(27 AUGUST 2020 to 02 SEPTEMBER 2020)



The term '**Long COVID**' appeared in **11% of all conversation** surrounding long-term effects of COVID-19

The topic '**long-term effects of COVID-19**' has **decreased by 14%** compared to the previous week.

Examples

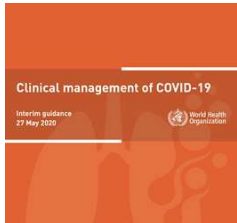
- **EFFECTS ON THE HEART**

Top tweets referencing a *Scientific American* review of studies on **possible long-term effects of COVID-19 on the heart** generated **104 000 social media engagements** (of which 60% on *Reddit*, 35% on *Facebook*, 5% on *Twitter*).

- **CHILDREN**

A science and society article in *Undark* which reported on **prolonged COVID-19 illness in children** had 2000 social media engagements.

WHO guidance & resources for clinical management and reporting



- **[WHO Clinical management of COVID-19](#)**

This guidance document is intended for clinicians caring for COVID-19 patients during all phases of their disease – from screening to discharge.
Next version of this guidance to include long-term consequences



- **[Rapid core case report form \(CRF\)](#)**

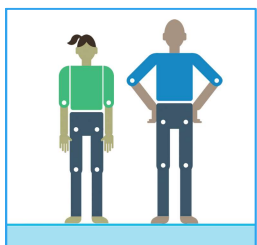
WHO has developed a new module to the COVID clinical case record form (CRF) to register and investigate cases
Next version of the CRF to include questions on longer-term consequences



- **[Online training modules for health professionals](#)**

COMING SOON: Online training for health workers addressing impaired lung function, physical weakness, impaired communication as well as general difficulty managing daily living

WHO resource for patients recovering from COVID-19



- [Support for rehabilitation self-management after COVID-19-related illness](#)

This leaflet provides basic exercises and advice on: managing breathlessness, exercising after leaving hospital, problems with voice, managing stress and other issues related to COVID-19 recovery

How to protect ourselves & others

9 important COVID-19 prevention measures



01 Stay home and self-isolate if you feel unwell, even with mild symptoms



02 Clean hands frequently with soap & water for 40 seconds or with alcohol-based hand rub



03 Cover your nose and mouth with a disposable tissue or flexed elbow when you cough or sneeze



04 Avoid touching your eyes, nose and mouth



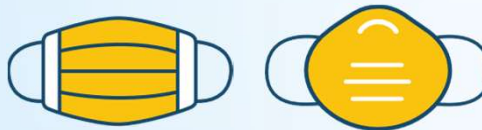
05 Maintain a minimum physical distance of at least 1 metre from others



06 Stay away from crowds and avoid poorly ventilated indoor spaces



07 Use a fabric mask where physical distancing of at least 1 metre is not possible



08 Use a medical / surgical mask if you may be at higher risk (age, medical conditions)



09 Regularly clean & disinfect frequently touched surfaces

WHO guidance on COVID-19

VIDEO RESOURCES

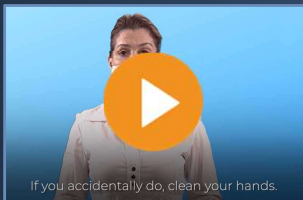
Masks



[Medical and fabric masks: who wears what when?](#)



[How to wear a fabric mask safely](#)



[How to wear a fabric mask](#)



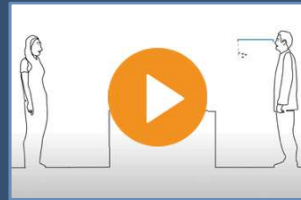
[How to wear a medical mask](#)

Transmission



[How to break the chains of transmission](#)

Protecting ourselves



[How to protect yourself against COVID-19](#)



[Seven steps to prevent the spread of the virus](#)

UPCOMING EVENT

Risk Communication in the context of COVID-19

Peter Sandman & Jody Lanard

Friday, 11 SEPTEMBER 2020, 13:00 - 14:30 CEST



The WHO Regional Office for Europe is pleased to present a webinar with Peter Sandman and Jody Lanard, two foundational thinkers in the area of risk communication. They will share success stories and learning opportunities from their long experience in this field with an emphasis on COVID-19 examples and how we can all strengthen our communication moving forward.

The webinar will highlight the well-known and widely used **Sandman Matrix**, describing the three kinds of risk communication and the danger of choosing one kind when the situation calls for another.

[REGISTER](#)



EPI•WiN

infodemic
MANAGEMENT

www.who.int/epi-win