



Children and Young People: Long COVID Information

What is 'Long COVID'?

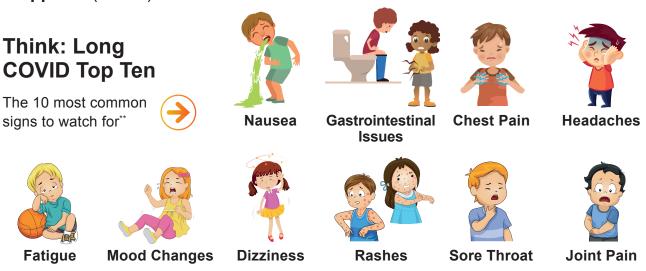
The phrase refers to COVID-19 symptoms that develop or persist at least four weeks after the infection started. It might be 'ongoing symptomatic COVID-19' with effects lasting 4 to 12 weeks after infection, or 'post-COVID-19 syndrome' where symptoms still remain 12 or more weeks later.

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%)



Remember, children may experience these difficulties in different ways from adults.

This service is delivered as part of the Mid and South Essex Community Collaborative, a partnership between Essex Partnership University Trust (EPUT), North East London Foundation Trust (NELFT) and Provide Community Interest Company (Provide CIC).



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** <u>health professionals</u>. 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?

provide.org.uk/service/mid-and-south-essex-long-covid-team

yourcovidrecovery.nhs.uk

longcovidkids.org



* Scientific references: <u>researchsquare.com/article/rs-798316/v1</u> and <u>thelancet.com/journals/lanchi/article/PIIS2352-4642(21)00198-X/fulltext</u>

** Images courtesy of **longcovidkids.org** and for illustrative purposes only



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