



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%)

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?

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

yourcovidrecovery.nhs.uk

longcovidkids.org

QR Links:

Allied Health Professionals



MSE Long COVID



Your COVID Recovery



Long COVID Kids



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

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