

FACT

Long COVID: Facts on Lingerin Side Effects

The delta variant is putting younger, unvaccinated people at an even greater risk of debilitating post-COVID conditions, also known as long COVID. The following is a breakdown of facts surrounding the possible severe and long-lasting side effects of contracting COVID-19.

FACT: The delta variant may increase the risk of COVID-19 side effects occurring, particularly among younger, unvaccinated people.

Post-COVID conditions include, but are not limited to, the following: neurological disorders; multiorgan effects to most, if not all, body systems; autoimmune conditions; fatigue; shortness of breath; chest pain; sleeping difficulties; changes to smell and taste receptors; and problems with memory and concentration. Getting vaccinated not only protects you from contracting the virus, it protects you from the more severe and long-lasting symptoms experienced by unvaccinated individuals.

FACT: Multi-system inflammatory syndrome (MIS) is a serious condition that largely impacts children during or immediately after a COVID-19 infection.

MIS in children is a serious, potentially deadly, condition where different body parts can become inflamed, including the heart, lungs, kidneys, brain, skin, eyes or gastrointestinal organs. While the cause of MIS has not been fully confirmed, we know that many children with MIS had the virus that causes COVID-19 or had been around someone with COVID-19. MIS is typically seen in school-aged children, but cases have been reported in young adults, which makes it important that all kids ages 12 and up get vaccinated. Children younger than 12 years are not yet eligible to get vaccinated. It's important that parents and other caregivers of those children get vaccinated to protect them from being exposed to or infected with COVID-19.

FACT: Even those with mild COVID-19 cases can suffer significant long-term damage to their organs.

Imaging tests taken months after recovery from COVID-19 have shown lasting damage to the heart muscle, even in people who experienced only mild COVID-19 symptoms. This may increase the risk of heart failure or other heart complications in the future. The type of pneumonia often associated with COVID-19 can cause long-standing damage to alveoli, the tiny air sacs in the lungs. The resulting scar tissue can lead to long-term breathing problems. Rarely, COVID-19 can cause strokes, seizures and Guillain-Barré syndrome — a condition that causes temporary paralysis, even in young people.

FACT: The best way to avoid post-COVID conditions and long COVID is by getting vaccinated as soon as you can.

The vaccines have proven to be effective and do not cause any significant or long-term side effects to recipients. All people ages 12 years and older, including those who have had COVID-19 or a post-COVID condition, should get vaccinated.

Schedule your vaccination appointment today through **the MyChart app** or by calling **(985) 898-4001**. Visit StTammany.health/COVID19 for more information on COVID in our community. For additional COVID-19 information and resources, visit the Centers for Disease Control and Prevention (cdc.gov) or the Louisiana Department of Health (ldh.la.gov) website.

