

- Long COVID is not a single illness but rather a collection of conditions that may result from the viral infection itself or the inflammation it triggers throughout the body. According to the U.S. Centers for Disease Control and Prevention (CDC), the syndrome can be identified starting four weeks after COVID-19 infection ([Long COVID or Post-COVID Conditions, CDC, 2022](#)).
- It's estimated that 1 in every 10 COVID-19 infections will result in long COVID (World Health Organization)[WHO April 26, 2023](#)

Symptoms of long COVID can develop 4 weeks after exposure.

- Children and teenagers face similar symptoms to adults, with fatigue, shortness of breath, trouble sleeping, abdominal pain, dizziness, headaches, memory loss, and difficulty concentrating. ([Berg, S. K., et al., *Lancet Child & Adolescent Health*, Vol. 6, No. 9, 2022](#); [Morrow, A. K., et al., *Current Pediatrics Reports*, Vol. 10, No. 2, 2022](#)).
- One of the most debilitating issues, post-exertional malaise, can cause patients significant exhaustion following a minor physical effort, such as walking up a flight of stairs. ([Berg, S. K., et al., *Lancet Child & Adolescent Health*, Vol. 6, No. 9, 2022](#); [Morrow, A. K., et al., *Current Pediatrics Reports*, Vol. 10, No. 2, 2022](#)).
- People can be reinfected with SARS-CoV-2, the virus that causes COVID-19, multiple times. Each time a person is infected or reinfected with SARS-CoV-2, they have a risk of developing Long COVID. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
- A VA study of 5.8 million found Covid-19 reinfection increases the risk of death, hospitalization, organ failure and disorders affecting the lungs, heart, brain, circulatory, musculoskeletal and gastrointestinal systems <https://www.nature.com/articles/s41591-022-02051-3>
- Reinfections also contribute to diabetes, kidney disease and mental health issues
- 1 in 5 adults who had Covid-19 now have long Covid, cisgender women, trans and bisexual people are disproportionately impacted https://www.cdc.gov/nchs/pressroom/nchs_press_releases/2022/20220622.htm

Native Communities

- Socio-economic risk factors for long Covid include lower income and an inability to adequately rest in the early weeks after developing COVID-19
- American Indian life expectancy dropped by 6.6 years from 2020-2022 according to a vital statistics report released by the CDC in August 2022 <https://www.cdc.gov/nchs/data/vsrr/vsrr023.pdf>

- A new Covid-19 study published in PNAS Nexus by UNM researchers found that Native patients were sicker and more likely to die in the hospital than others, even though they had fewer pre-existing conditions
<https://academic.oup.com/pnasnexus/article/2/8/pgad259/7249142>,
<https://hsc.unm.edu/news/2023/09/native-americans-sicker-covid.html>
- Covid-19 was the third leading cause of death in the U.S. from 2020-2021 and is currently the 4th leading cause of death in 2022-2023;
- Covid-19 is a leading cause of death in children and young people in the U.S.
<https://www.ox.ac.uk/news/2023-01-31-covid-19-leading-cause-death-children-and-young-people-us>
- American Indian and Alaska Native and Native Hawaiian and Pacific Islander children lost caregivers at rates about 3.5 times the rate of White children; The rates of caregiver loss for American Indian and Alaska Native children were more than 10 times those of White children in Mississippi, New Mexico, North Dakota, South Dakota, and Utah. <https://www.covidcollaborative.us/initiatives/hidden-pain>

Updated CDC recommendations

- The CDC recommends ventilation of 5 ACH (air changes per hour) which means fresh air is brought in every 12 minutes
<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/interactive-ventilation-tool.html>
- **“COVID-19 can cause serious health problems, so it’s more important than ever to protect your child’s health.”-CDC**
<https://www.cdc.gov/coronavirus/2019-ncov/communication/people-with-idd/help-child-stay-healthy-at-school.html>

Rapidly Rising Rates of Disability

According to the Federal Reserve Economic Database -In the U.S. disability has risen the same amount in the last 3 years as it has in the last 10

<https://fred.stlouisfed.org/series/LNU00074597>