



Tens of millions in the United States experience Long COVID, a debilitating chronic illness that can lead to disability and cardiovascular complications. Our foundation and those suffering with Long COVID seek to spread awareness, information, and science to providers, so that you are better equipped to identify and help those with Long COVID. Below are key points regarding the COVID and Long COVID crisis.

- 1. Long COVID Is Not Uncommon** – An estimated 47.8 million adults and 5.8 million children in the U.S. have ever experienced Long COVID. With Long COVID can come 200+ different symptoms. SARS-CoV-2 is known to be a persistent virus, the spike protein can persist too, and there can be vascular and organ damage, reactivated pathogens, allergy issues, and more.
- 2. Stroke, Heart Attack, Heart Failure, & Myocarditis** – In people during the first year from acute SARS-CoV-2 infection studies found relative risk increases of 52% for stroke, 63% for heart attack, 72% for heart failure, and 416% for myocarditis.
- 3. Further Cardiac Complications** – These complications have been seen in people with Long COVID (not a complete list): chest pain, arrhythmias, hypertension, myocardial injury, abnormal ventricular function, diastolic dysfunction, pericardial effusion, pericarditis, valve abnormalities, edema, atrial fibrillation, fibrosis, palpitations, tachycardia, microclots, AFib, etc..
- 4. Mitigation** — Masking and air purification can help to reduce SARS-CoV-2 infection and Long COVID. A study showed that 6 air changes an hour reduced SARS-CoV-2 infections by 82.5%. All medical offices and facilities should make the investment to implement high level air purification systems to reduce SARS-CoV-2, Flu, RSV, Cold, airborne contaminants, etc.. Additionally, high quality respirators should be utilized in medical settings. COVID is still prevalent.

It's critical for COVID and Long COVID to be top considerations when evaluating a late 2019, and after, illness onset as Long COVID can cause a plethora of issues, including autoimmunity, damage, and numerous different health problems. Many Long COVID diagnoses are going missed. It is important it is clinically diagnosed because the disease is unique. There are 0 approved tests, biomarkers, and treatments for Long COVID, but that does not mean there is no help that can be offered by clinicians. Long COVID is a tremendous problem in scope and severity, that is not going away soon. The explosion of illness and chronic illness the last several years is not a coincidence. SARS-CoV-2 is driving it. Please make COVID and Long COVID a priority. If you don't, no one else will. You must set the example and protect yourself and others. Thank you.

Sincerely,

Long COVID Foundation

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