

# Long Covid

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Utah COVID -19 Long Haulers



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Life before  
COVID-19







# COVID Long Hauler

- Brain Fog
- Dizziness
- Internal Tremors (Internal Vibrations)
- Burning/Tingling in Hands & Feet
- Erratic Heart Rates (30bpm - 221bpm)
- Adrenaline dumps
- Rashes
- Insomnia
- Brain Zaps
- Muscle twitching
- Joint pain
- Short Term Memory Loss
- Hair Loss
- Blurry Vision
- Pulmonary Embolism

- 36+ Million Americans impacted
- Utah 31% -----> 337,592
- Less than \$25k – 41%
- \$200k and above - 17%
- Highest ranking state – Mississippi 41%
- Lowest ranking state – Maine 22%

## Prevalence of Long COVID



## Gender

- Women – 78.9%
- Men – 19.1%
- Nonbinary – 1.7%

## Age

- 30-39 – 24.1%
- 40-49 – 31%
- 50-59 – 25%

## Hospitalization

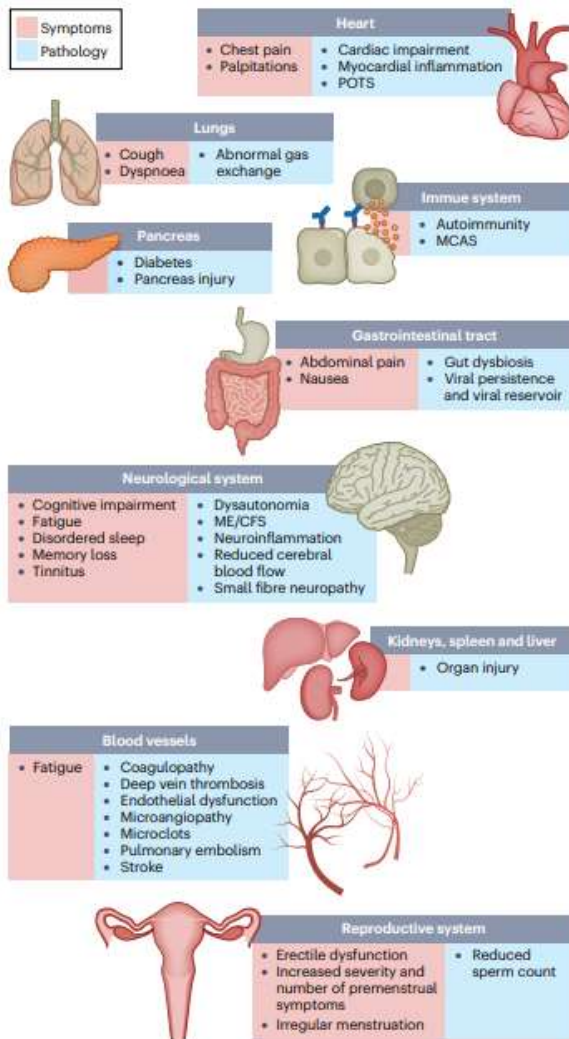
- Non-Hospitalized and no visit to ER/Urgent Care – 56.7%
- Visited ER or Urgent Care – 34.9%
- Hospitalized – 8.4%

# Long Covid Demographics



Most common Symptoms	
A cough	Breathlessness
Chest tightness	Nausea
Chest pain	Diarrhea
Palpitations	Not feeling hungry
Fatigue	Weight loss
Fever	Joint and muscle pain
Pain	Feeling depressed
Finding it difficult to focus	Feeling worried
Headaches	Tinnitus
Problems sleeping	Earache
Pins and needles or numbness	Sore throat
Dizziness	Loss of taste and smell
Delirium	Skin rashes





# Long Covid & its impact on the body

## SYMPTOMS OF MAST CELL ACTIVATION SYNDROME

That are caused by mast cell mediator release

Patients may have a few or many symptoms



Symptoms can be **SUDDEN** and **UNPREDICTABLE** in onset

TickedOffMastCells.Org



# Common Comorbidities of Long COVID

- POTS – Dysautonomia
- Myalgic Encephalomyelitis (ME/CFS)
- Mast Cell Activation Syndrome
- Fibromyalgia
- Autoimmune issues

## POTS: A Look Beneath The Surface

She looks fine, but here's what she could be experiencing if she has postural orthostatic tachycardia syndrome (POTS).

- reduced brain blood flow
- trouble concentrating
- lightheadedness
- fainting
- migraines
- altered sleep phases
- abnormally dilated pupils
- sensitivity to light
- esophageal dysmotility
- nausea/bloating
- diarrhea/constipation
- peripheral neuropathy
- blood pooling in the limbs



- vertigo (dizziness)
- sensitivity to noise
- tachycardia (fast heart rate)
- chest pain
- shortness of breath
- profound fatigue
- iron storage deficiency
- low blood volume
- muscle weakness
- bladder problems
- reduced ability to sweat
- heat/cold sensitivity
- and more...

[www.dysautonomiainternational.org/POTS](http://www.dysautonomiainternational.org/POTS)



## SYMPTOMS OF ME/CFS



ME/CFS (myalgic encephalomyelitis/chronic fatigue syndrome) affects several systems throughout the body and commonly develops following infection. Not everyone has the same symptoms or to the same severity, but some common symptoms are listed below.

## MUSCLES & JOINTS

- Muscle pain
- Joint pain
- Post-exertional fatigue
- Chronic fatigue

## CENTRAL NERVOUS SYSTEM

- Brain fog
- Post-exertional malaise
- Memory issues
- Concentration difficulties
- Headaches
- Sleep dysfunction

## NEUROENDOCRINE SYMPTOMS

- Heat/cold intolerance
- Marked weight gain/loss
- Reduced stress tolerance



## THE IMMUNE SYSTEM

- Flu-like symptoms
- New sensitivities
- Tender lymph nodes
- Sore throat

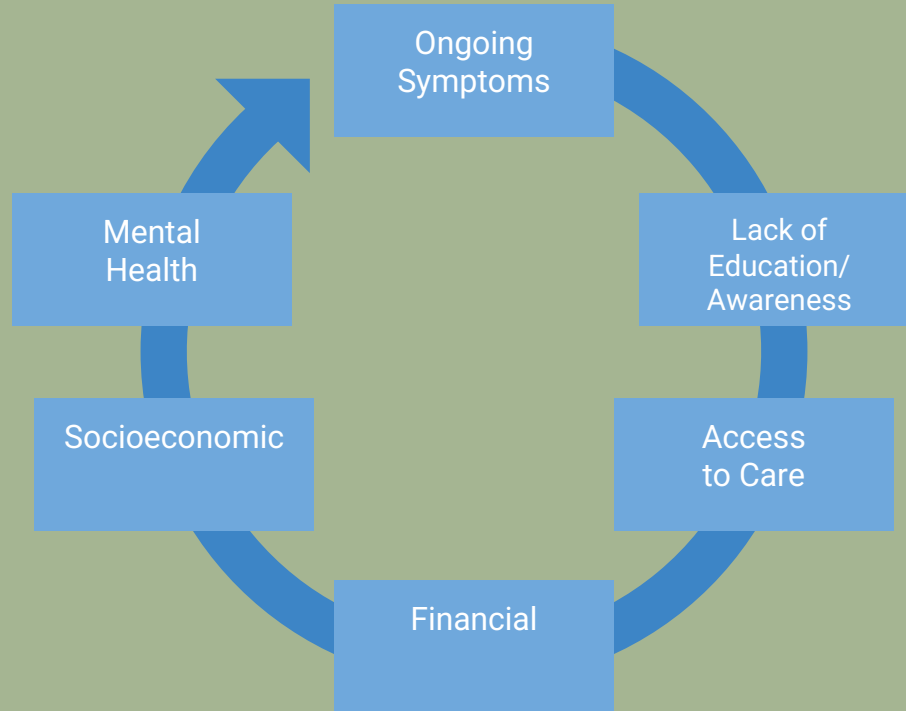
### AUTONOMIC SYMPTOMS

- Orthostatic intolerance
- Vertigo
- Palpitations
- Irritable bowel syndrome
- Bladder dysfunction

# What cognitive Dysfunction looks like for many COVID Long Haulers

- "I had to call my spouse and have him guide me home by phone. I have lived in my home for 21 years."
- "I had to stop working because there were times I'd get confused going for walks in my own neighborhood."
- "I can use 1,000 other words to try and describe the 1 word I can't get from my brain to my mouth. Or I stop in the middle of a sentence with no idea where I was going."
- "I got lost on my way to pick up pizza, which is 5 minutes away and just around the corner. I ended up making the wrong turns and getting on the freeway, going 20 minutes out of the way. I eventually pulled over and rested for a bit and was then able to find it and find my way home. Might have been funny, but my kids were in the car."
- "My husband found my reading glasses in our dishwasher."
- "Yesterday I couldn't remember what a bookshelf was called."
- "No matter how hard you look you can't find butter in the coat closet."
- "Everyday I wake up for work with a pit of anxiety in my stomach, because I know two things: I will be falling asleep at the wheel and my desk all day and I will look like a lazy fool as I stare off into space all day trying to get my brain to accomplish the small and simple tasks of completing my work."
- "I have lived in my same neighborhood my whole life, and sometimes when I'm driving, I don't recognize where I am. I have missed turns numerous times and have to pull over to get my bearings."
- "You know that thing? That thing you put in your mouth. That thing that is pointy. Could you put those on the table?" (Insert blank stares from the family) "Never mind. I'll get it myself." (Walks to the drawer, opens it and stares at the utensils, and walks away totally forgetting why I had opened it in the first place."
- "The pharmacist asked me for my address..... Couldn't remember and had to pull out my Drivers License to answer."
- "Now there have been occasions where I am looking at my 7-year-old daughter and I can't remember her name."
- "A few months ago, I wanted to call one of my best friends that I've talked to every day for the last two years. Couldn't remember her name. I had to scroll all of my recent conversations and say their names out loud until I realized which one was her and then broke down and cried. That is not normal."
- "I ordered food from Door Dash and they called to say no one was answering the door. I must have given the wrong address. Then I couldn't remember my actual address to give them. I ended up going outside to look at the number on my mailbox."
- Couldn't remember my age and couldn't do the math to figure it out. I had to ask hubby how old I am.
- "Today, I told the nurse I have loss of hearing in my right arm."
- I went to the store for two weeks straight to specifically get cream cheese before I finally took my husband with so I would not forget it.
- "It was my granddaughters 21st birthday yesterday. I was going through the list of family that would be here attending a birthday party and couldn't remember HER name."

# Long Covid Patient Challenges





## Long Covid & the Workforce

71% - unable to work for 6+ months or needed continuous medical treatment.

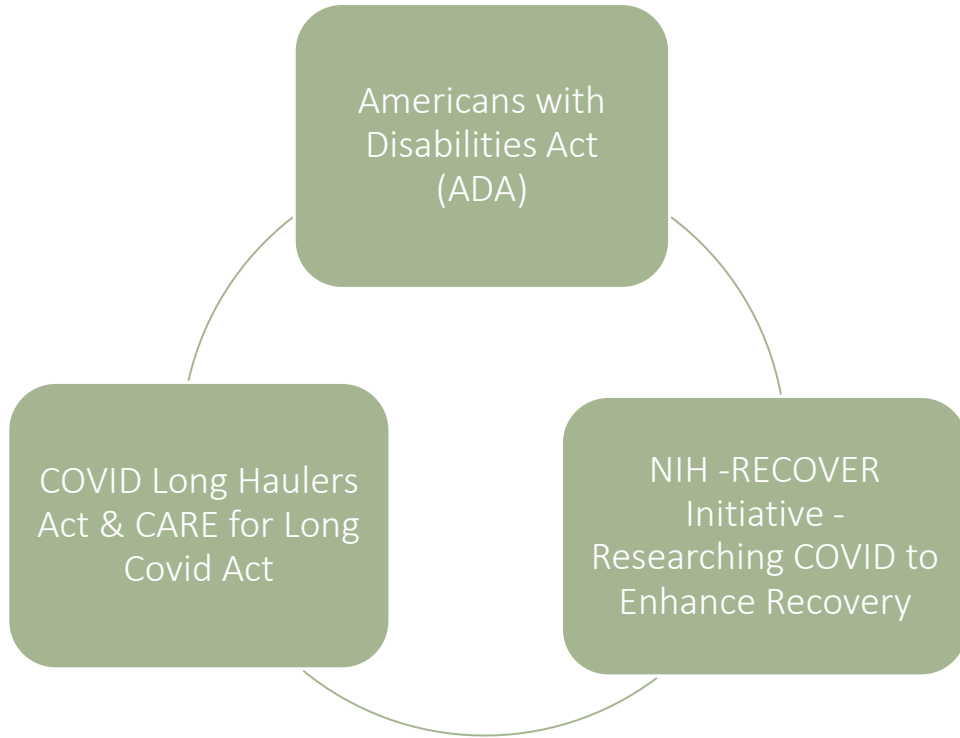
18% - did not return to work after 1 year.

75% - under 60

83% - listed as essential workers



# Legislation



<https://time.com/6154397/tim-kaine-long-covid-19-bill/>

<https://pressley.house.gov/media/press-releases/pressley-beyer-urge-cdc-collect-publish-demographic-data-prevalence-long-covid>



# What can be done to support those with Long Covid?



Information and Awareness Campaigns



Treatment and support Programs



Data Collection and Research:



Financial Assistance:



Collaboration with Employers:

# Long COVID Resources in Utah

University of Utah: Dermatologist, Cardiologist, Endocrinologist, Ear, Nose, and Throat (ENT) specialists, Infectious Disease Specialists, Nephrologists, Neurologists, Pulmonologists, Psychiatrists, and Social Workers. 801-213-0884 <https://healthcare.utah.edu/locations/covid-19-clinic/>

Bateman Horne Center: <https://batemanhornecenter.org/>

Intermountain Health Care Navigation system – 801-408-5888

Caring Connections – U of U

Northern Utah Rehabilitation Center <https://uvsh.ernesthealth.com/>

Q & A

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