

# Public Health Surveillance of Long COVID

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DHHS COVID-19 Coordination Call

# What is long COVID?

- Syndrome that can follow an acute COVID-19 infection
- Can impact multiple bodily systems
- Severity ranges from mild to severe
- Recovery over months to years

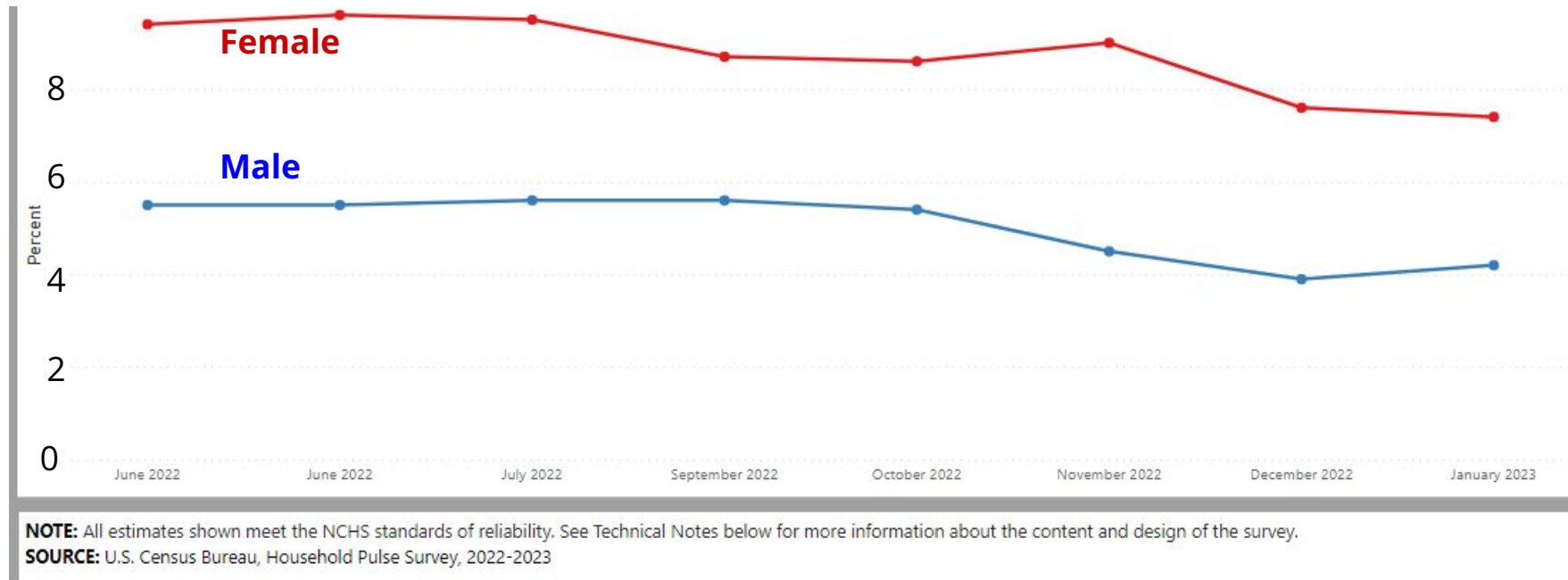
# Long COVID Epidemiology

- More common among:
  - Unvaccinated compared to vaccinated people
  - People with severe disease

# Long COVID Epidemiology

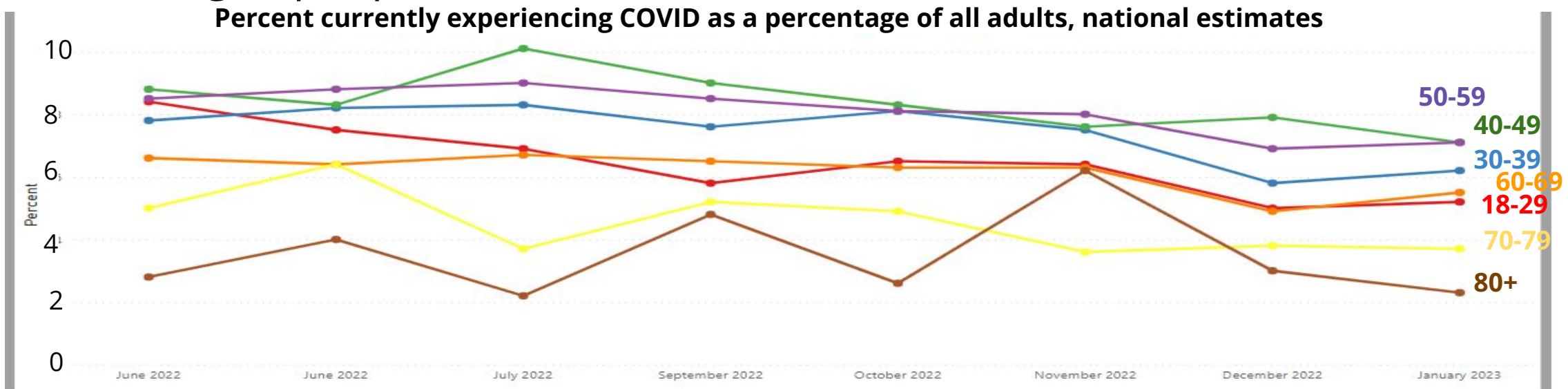
- More common among:
  - Unvaccinated compared to vaccinated people
  - People with severe disease
  - Women than men

Percent currently experiencing COVID as a percentage of all adults, national estimates



# Long COVID Epidemiology

- More common among:
  - Unvaccinated compared to vaccinated people
  - People with severe disease
  - Women than men
  - Middle aged people

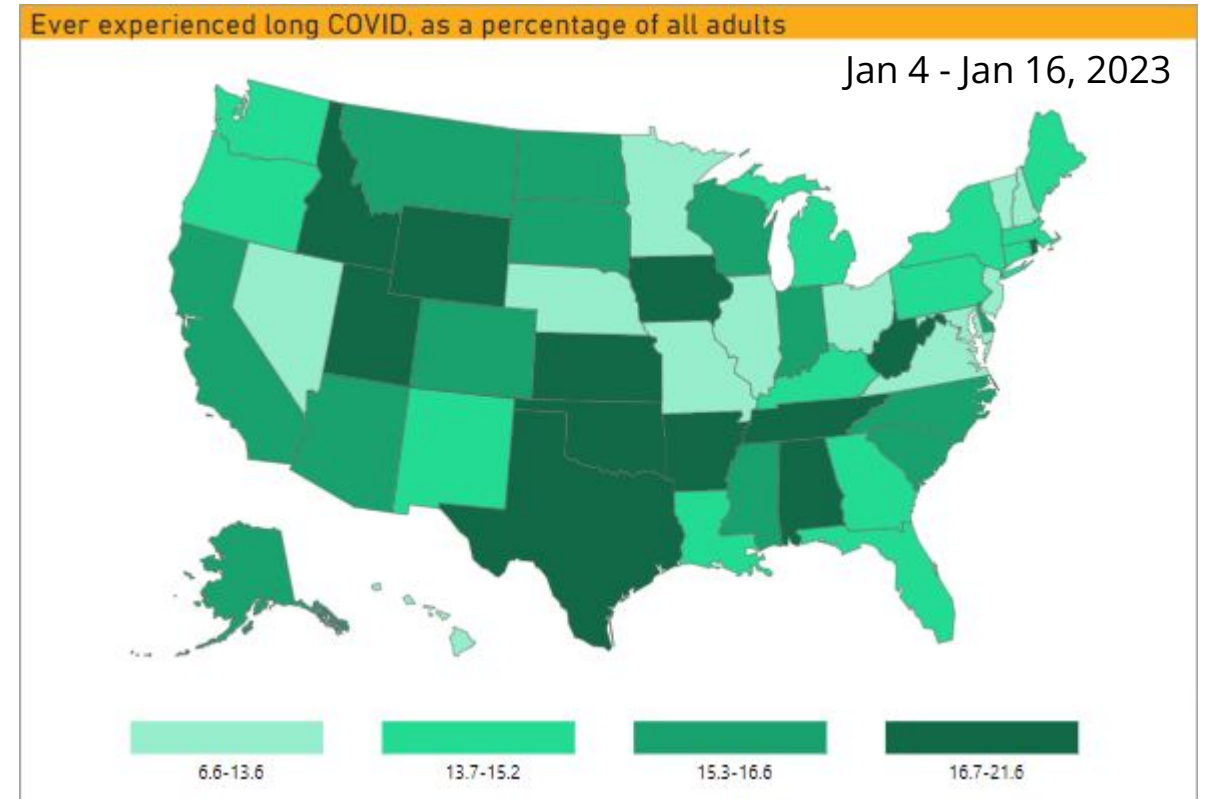


**NOTE:** All estimates shown meet the NCHS standards of reliability. See Technical Notes below for more information about the content and design of the survey.

**SOURCE:** U.S. Census Bureau, Household Pulse Survey, 2022-2023

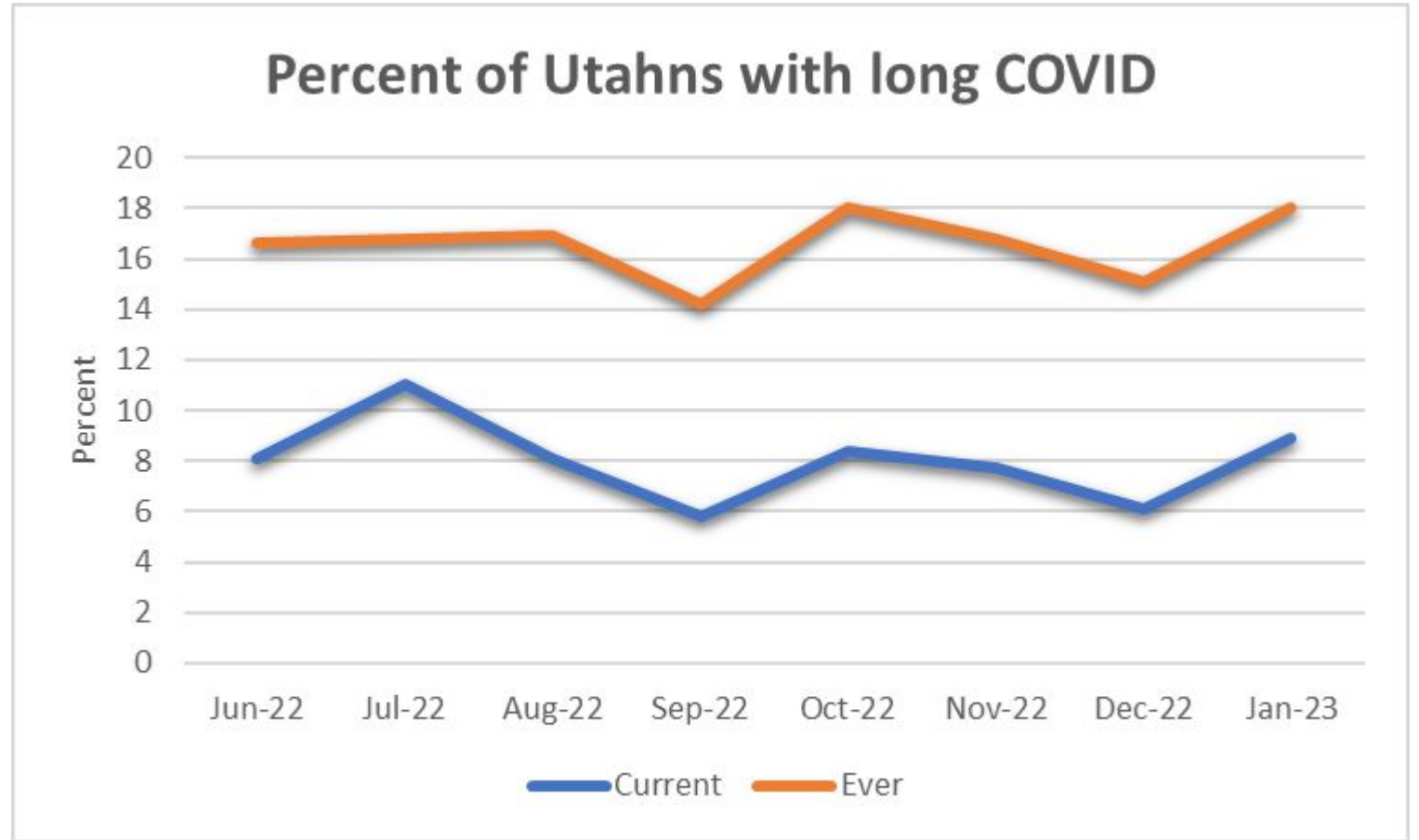
# Long COVID Epidemiology in Utah

- May be more prevalent in Utah?
  - Most recent survey, ranks 4th



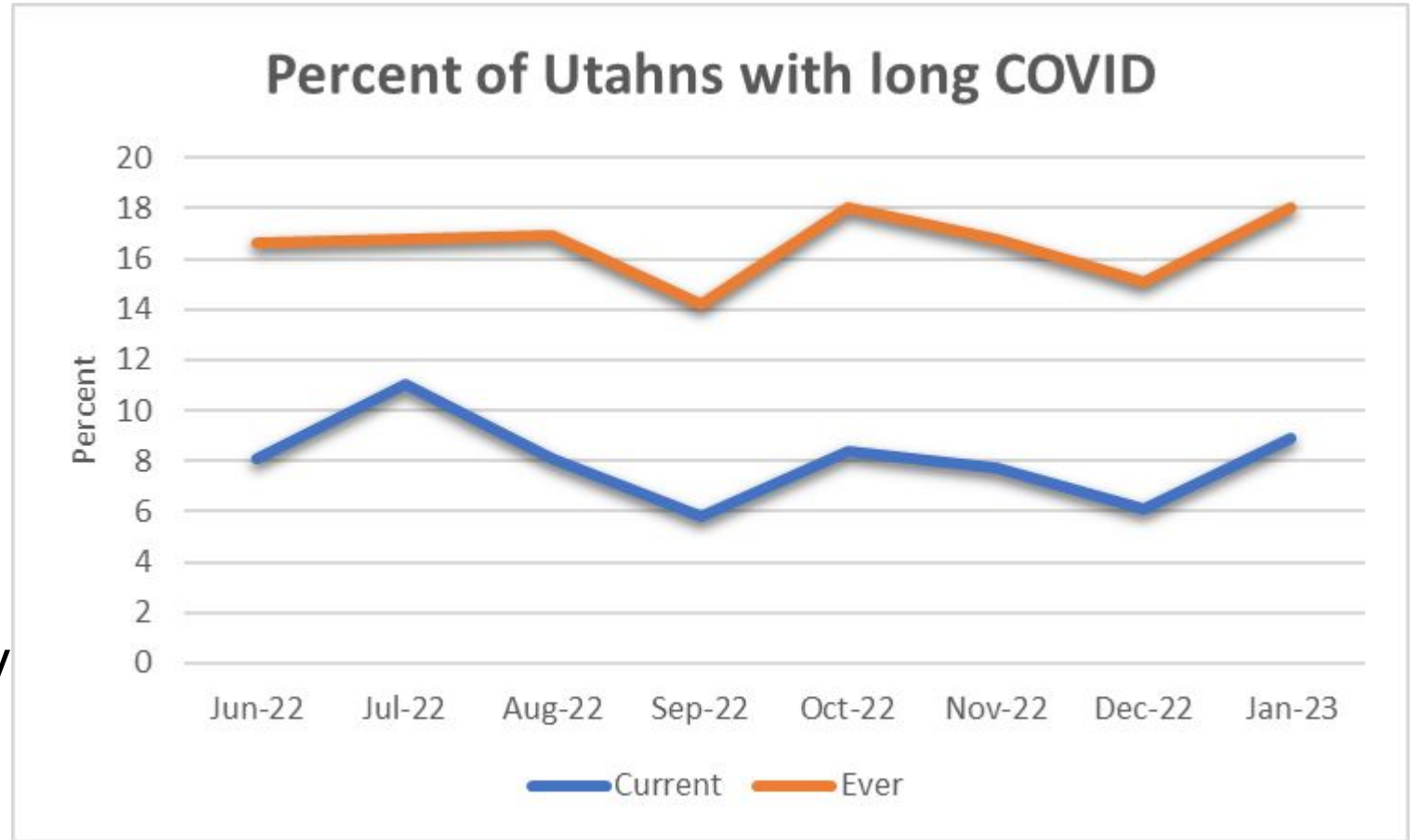
# Long COVID Epidemiology in Utah

- ~18% ever had long COVID
- ~8% prevalence



# Long COVID Epidemiology in Utah

- ~18% ever had long COVID
- ~8% prevalence
- 74% (95% CI 64-83) report any activity limitations
- 24% (95% CI 13-39%) report significant activity limitations



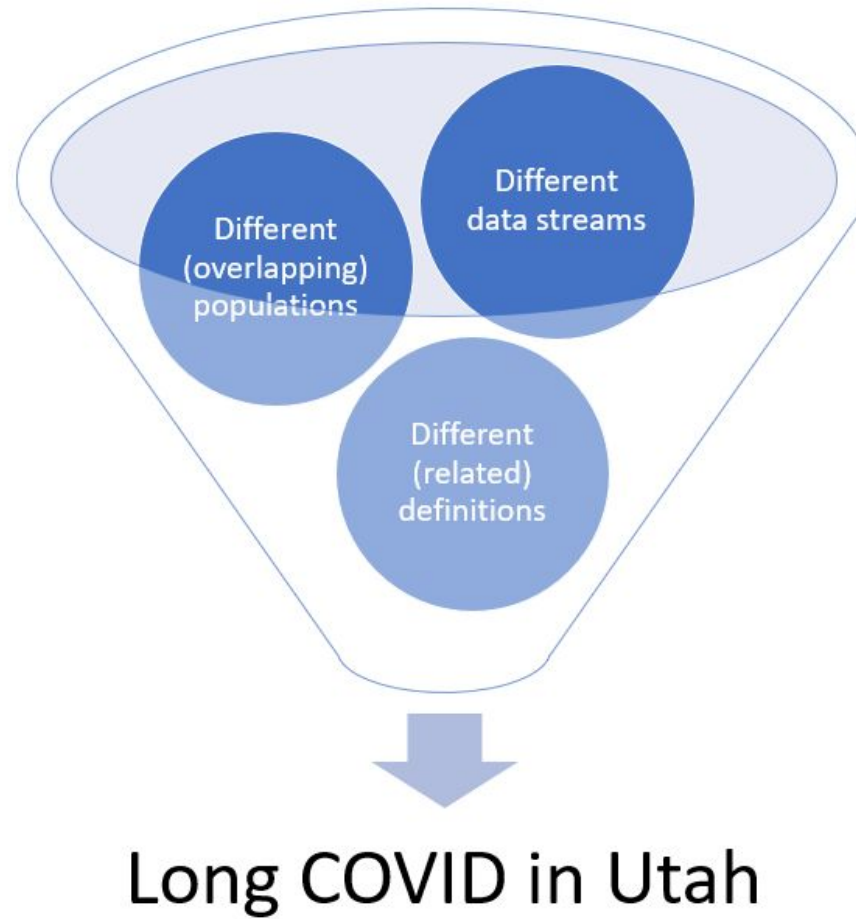


# Utah Long COVID Surveillance Goals

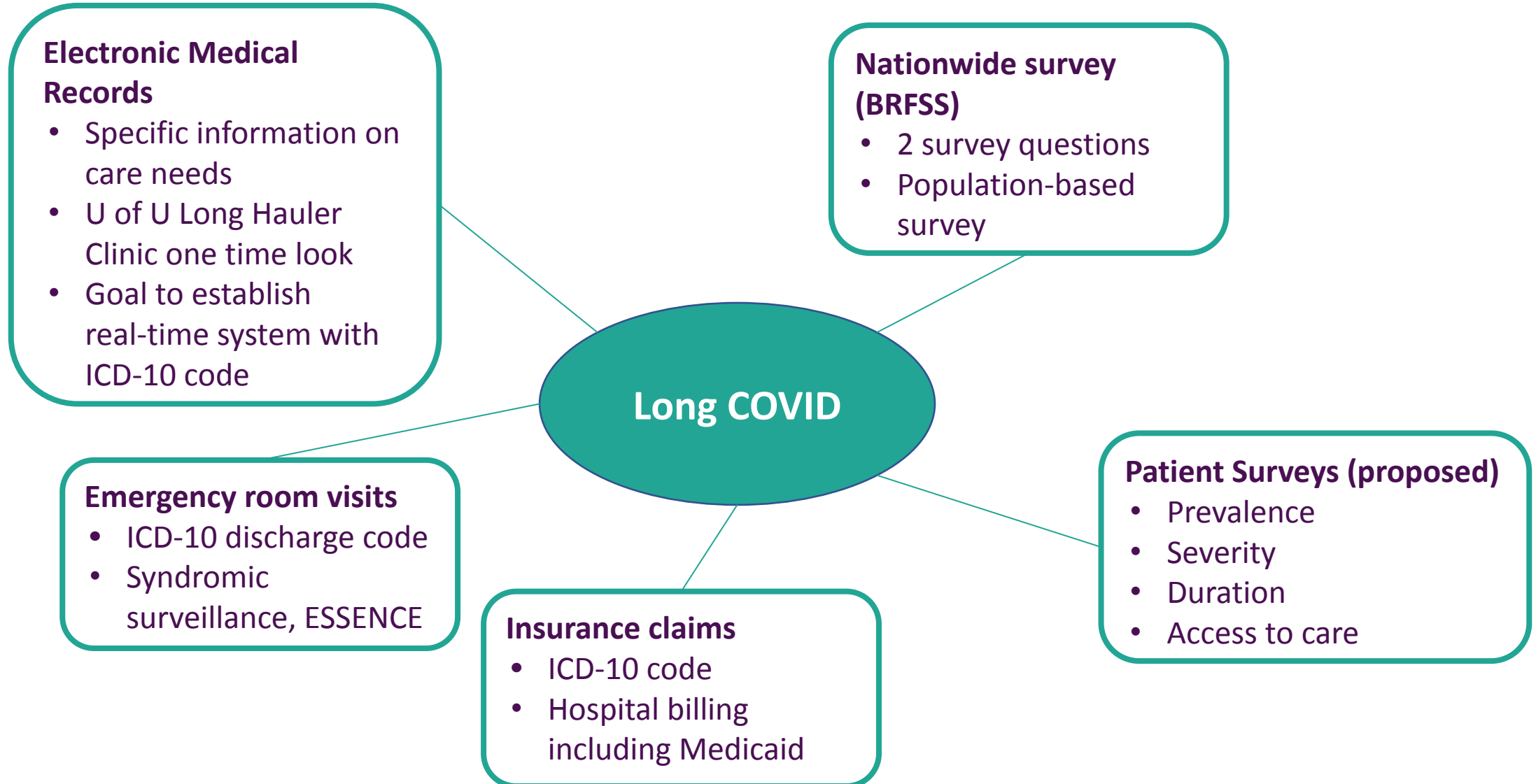
## Overarching Goals

1. Characterize the burden of long COVID in Utah
2. Identify gaps and best practices in diagnosis and treatment to ensure equitable access for all Utah
3. Provide data that helps long COVID programs plan and advocate for funding

# Long COVID surveillance - Overview



# Long COVID Information Systems



# Long COVID Information Systems

Needs assessments for  
LHDs, Tribes, I/T/U  
facilities

Long COVID Surveillance  
Workgroup

## Electronic Medical Records

- Specific information on care needs
- U of U Long Hauler Clinic one time look
- Goal to establish real-time system with ICD-10 code

## Nationwide survey (BRFSS)

- 2 survey questions
- Population-based survey

## Long COVID

## Emergency room visits

- ICD-10 discharge code
- Syndromic surveillance, ESSENCE

## Insurance claims

- ICD-10 code
- Hospital billing including Medicaid

## Patient Surveys (proposed)

- Prevalence
- Severity
- Duration
- Access to care

# Long COVID Outreach

- Presentations and written descriptions for:
  - Various Utah medical associations
  - Rural clinics and providers
  - Tribes and I/T/Us
  - LHDs
- Compiling list of local resources and information for patients, providers, LHDs, I/T/Us

# **Thank you!**

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# Resources in Utah

## Long COVID Clinics

Name	Referrals	Virtual	In-person	Website
COVID Long Hauler Clinic, UofU	(T) 801-213-0884; (F) 801-213-1147	X	X	<a href="https://healthcare.utah.edu/locations/covid-19-clinic">https://healthcare.utah.edu/locations/covid-19-clinic</a>
Long COVID Clinic, IHC	(T) 801-408-5888; iCentra		X	
Pediatric Long COVID Navigation Clinic, IHC	(F) 385-297-2750; iCentra	X		<a href="https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid">https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid</a>

**Clinician Lecture Series:** Long COVID and Post-Viral Syndrome series, co-produced by UofU and Bateman Horne Center - <https://physicians.utah.edu/echo/long-covid>

**Peer Support:** COVID-19 Recovery Support Group, UofU - <https://nursing.utah.edu/grief-support-groups>

# What is long COVID?

- Syndrome following acute COVID-19 infection
- Disability protected under ADA
- Goes by many names
  - Long COVID
  - Long-haul COVID
  - Chronic COVID
  - Post-acute COVID-19
  - Post-acute sequelae of SARS-CoV-2 infection (PASC)



# Long COVID symptoms

- General
  - Fever
  - Fatigue
  - Impaired daily functioning/mobility
- Neurologic
  - Brain fog
  - Headache
  - Insomnia
  - Change in smell or taste
  - Lightheadedness
  - Paresthesia
- Mental health
  - Depression
  - Anxiety
- Respiratory
  - Dyspnea
  - Cough
  - Chest pain
  - Palpitations and/or tachycardia
- Digestive
  - Diarrhea
  - Stomach pain
- Other
  - Arthralgia
  - Myalgia
  - Rash
  - Menstrual cycle irregularities
  - Erectile dysfunction