

## introduction

Corona viruses are a broad group of viruses that cause respiratory illnesses ranging from the common cold to more serious illnesses like Middle East respiratory syndrome (MERS) and severe acute respiratory distress syndrome (SARDS).

Post-COVID illness is a variety of new, recurrent, or persistent health problems that people may experience more than four weeks after being first infected with the virus that causes COVID19.

The aim of this study is to discuss the various conditions that arise post COVID and the possible factors that trigger them.

## 10 most common symptoms in patients with post COVID-19

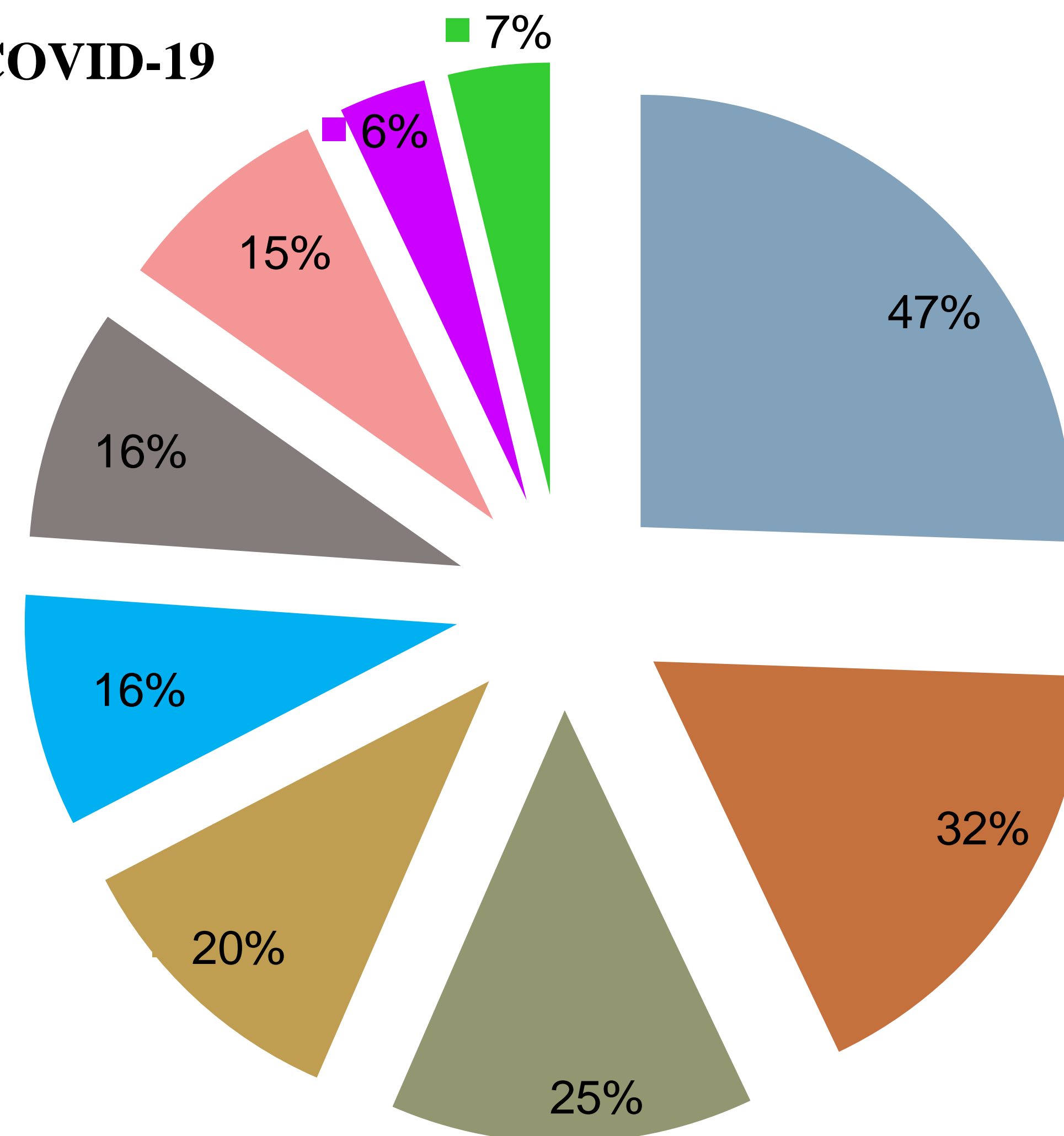
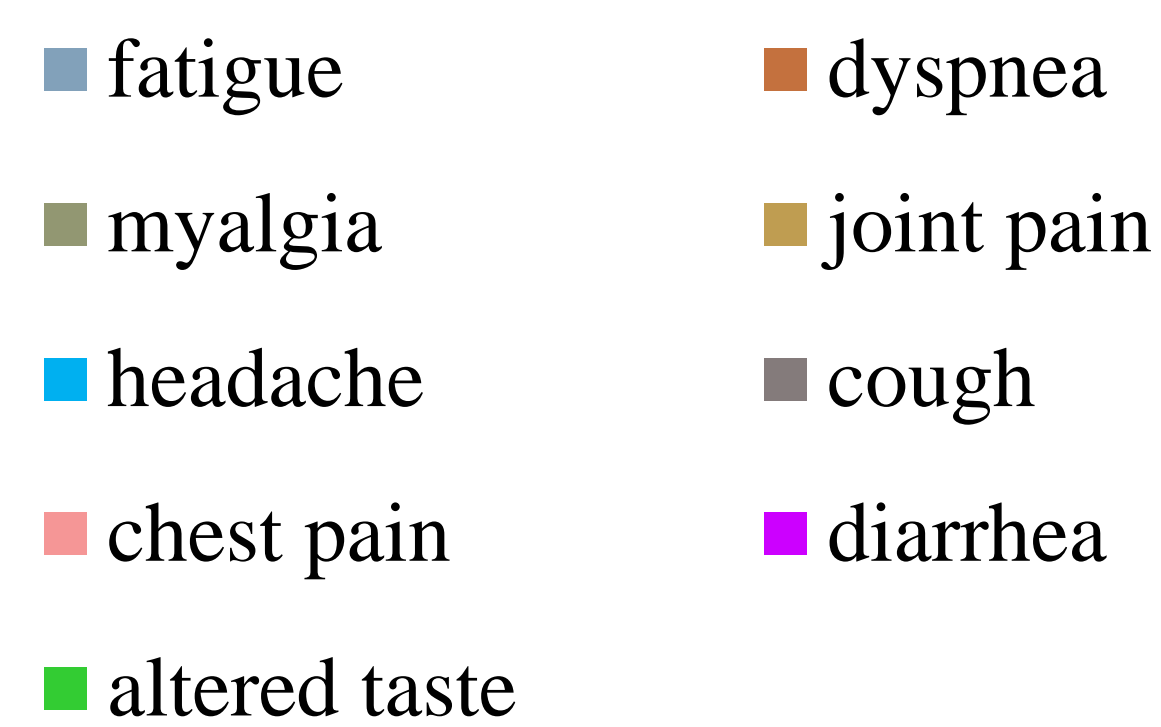


FIGURE 1. A pie chart of the various occurring symptoms of post COVID



## Causes of post COVID



Continuing presence of the virus

Reinfection

Dysfunctional immune response leading to an inflammatory chronic condition

Myalgic encephalomyelitis, also called chronic fatigue syndrome or ME/CFS

Post COVID was also found to grow with age, and was more likely to afflict women, according to a study by Imperial College London. Long COVID was found to be more common among those who smoke, live in low-income areas, or had severe COVID sickness that required hospitalization.

## Types of post COVID

By consensus, **Post-COVID Syndrome** is signs and symptoms that appear during or after a COVID-19 infection, persist for more than 12 weeks, and are not explained by any other diagnosis. Recent research further categorizes post-COVID patients into two groups: **subacute** and **ongoing** COVID persist for 4-12 weeks (above and beyond **acute COVID-19**).

## Risk factors of post COVID

The recent NICE risk factor evidence review identified a number of risk and protective factors associated with Long COVID, although the evidence base is uncertain. Female gender, poor pre-pandemic health, and poor general health, suffering from asthma, and being overweight or obese were identified by the NICE review as risk factors for developing Long COVID. Instead, the fact that they are from a non-white ethnic minority group, particularly of South Asian origin, has been identified as a protective factor.

## Conclusion

In conclusion, Corona virus varies in symptoms, and as proven anyone can get post-COVID if not aware of the causes and factors that lead to it, along with knowing the method of coping with the stress.

## Reference

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