

## COVID-19's Lingering Tail: Long COVID's Symptom Burden and Treatment Options

The tale of havoc wrought by COVID-19 includes a tail — the persistent health effects of SARS-CoV-2 infection known collectively as Long COVID. Emerging research shows that up to [30% of people who survive COVID-19 infection](#) demonstrate lingering symptoms of the disease. That's tens of thousands of patients who will potentially be seen across healthcare settings — and who will need well-informed healthcare professionals to diagnose and treat their illness.

*This CE course is relevant to all healthcare professionals.*

### Episode 1 – Long COVID Prevention

Who gets Long COVID and why? Do masks still work as a preventive tool? What about other measures patients have heard of or tried, such as zinc or vitamin D? An expert sifts through common questions – and misconceptions.

#### Guest

Daniel Griffin, MD, PhD

- Physician-scientist, board certified in internal medicine and infectious disease
- Expertise in global health, tropical medicine, parasitology, virology (including SARS-CoV-2)
- Co-host of 5-star-rated podcasts, *The Week in Parasitism* and *This Week in Virology*
- Co-author of *Parasitic Diseases, 7<sup>th</sup> edition*, distributed to more than 100 countries

#### Host

Deborah Martin, DNP, MBA, RN, NE-BC, FACHE

- Director of Learning Innovation, Elite Learning
- Certified nurse executive and fellow of the American College of Healthcare Executives
- More than 25 years of experience in healthcare, including as system director of professional practice and development at a large healthcare system

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Lisa Simani, APRN, MS, ACNP

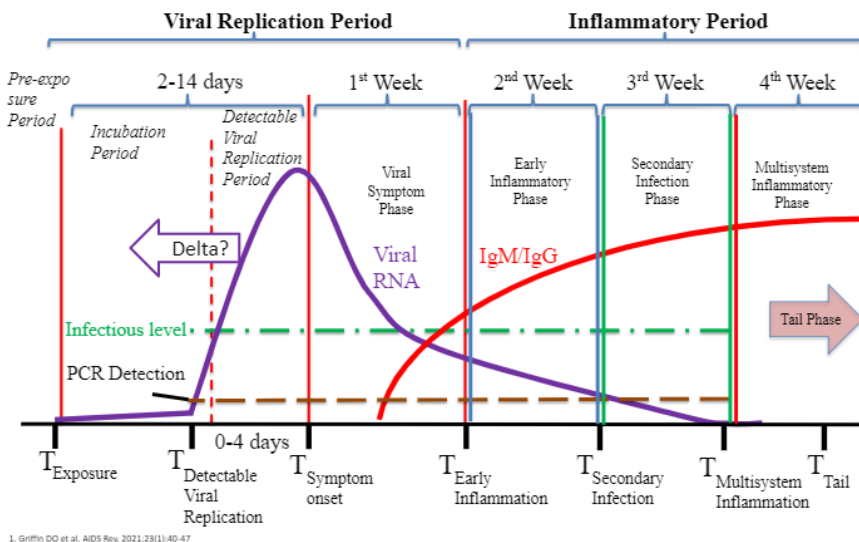
- Editor, Nurse Regulatory/Compliance Planner for Elite Learning
- 20 years of publishing experience
- Lead author of peer-reviewed articles for print- and web-based nursing continuing education provider companies

## Episode Key Points

### COVID-19 Stages (8:17)

- Three periods
  - Pre-exposure period
  - Incubation period
  - Detectable viral replication period
- Five phases
  - Viral symptom phase
  - Early inflammatory phase
  - Secondary infection phase
  - Multisystem inflammatory phase
  - Tail phase

## COVID-19 Stages<sup>1</sup>

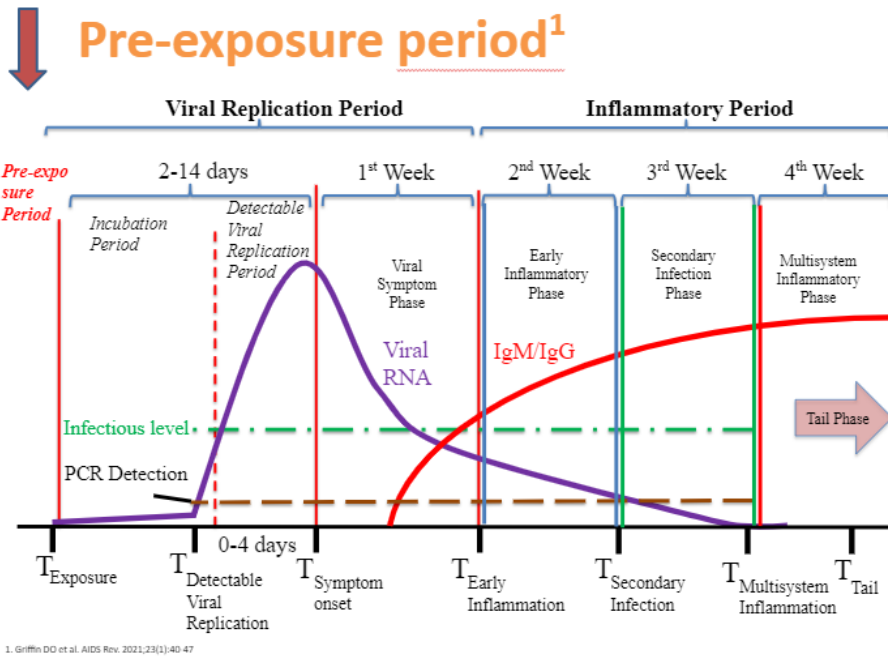


### COVID-19 Pre-Exposure Period (9:47)

- Prevention
  - Masks
  - Physical distancing
  - Outdoors safer than indoors
  - Gathering size limits
  - Handwashing and hygiene
  - Frequent testing, even of asymptomatic people
  - Symptom checking
  - Vaccines

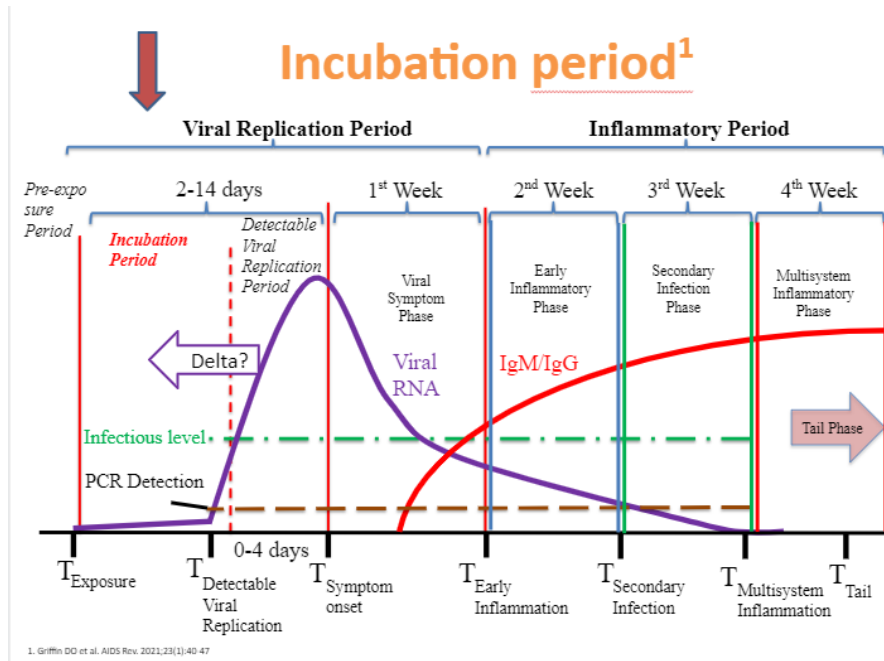
- Vaccines

- o VE-I (vaccine effectiveness against infection)
- o VE-H/D (vaccine effectiveness against hospitalization and death)
- o VE-LD (vaccine effectiveness against Long COVID)



### COVID-19 Incubation/Post-Exposure Period (18:40)

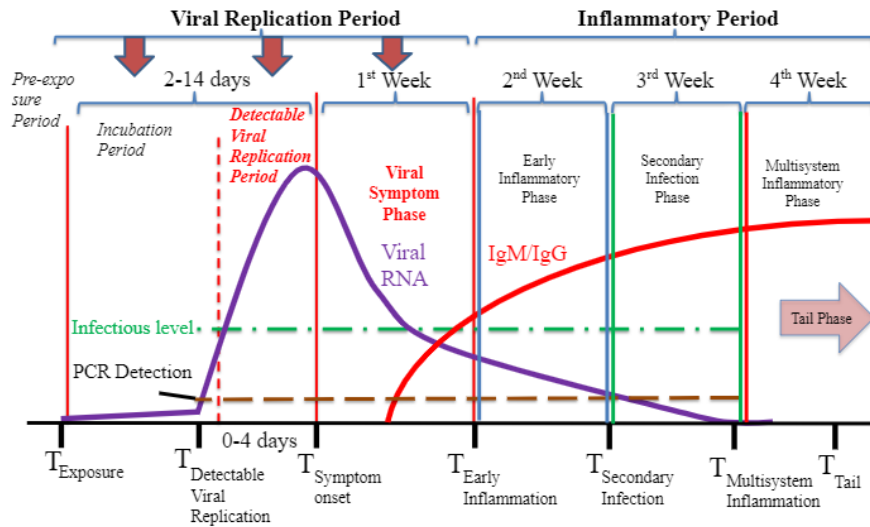
- Highest risk exposure: distance within 6 feet for 15 cumulative minutes, no masks, indoors with poor ventilation
- Incubation period: 2-14 days until the onset of symptoms if development of a symptomatic case



### COVID-19 Detectable Viral Replication/Viral Symptom Phase (21:33)

- Helpful
  - o Passive Vaccination (Monoclonals)
    - Reduction in hospitalization rates ~80%
    - Reduction in deaths
    - Unclear impact on PASC/Long COVID
    - Operationally challenging
  - o Antiviral therapy
  - o NSIDs (safe)
- Harmful
  - o Steroids
  - o Antibiotics
  - o Zinc

# Viral replication/symptom period<sup>1</sup>



1. Griffin DO et al. AIDS Rev. 2021;23(1):40-47

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## Resources

- [Voices of Long COVID](#)  
[Parasites Without Borders](#)  
[This Week in Virology](#)

[Email Daniel Griffin](#)

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