

health awareness



CTSI

A COUNTY HEALTH POOL PUBLICATION

SEPTEMBER 2021



LONG COVID

Most people who contract the COVID-19 virus recover within a few weeks; however, some continue to experience symptoms four or more weeks after getting sick. Post-COVID conditions, also known as long COVID, long-haul COVID, or post-acute COVID-19, comprise a wide range of symptoms still being studied.

Common Symptoms

Researchers have yet to determine why some people continue to experience symptoms weeks or months after being infected. The severity of the infection does seem to impact long-COVID symptoms; people who had mild infections or even no initial symptoms can

still develop long-COVID. Per the Centers for Disease Control and Prevention (CDC) common symptoms include:

- Difficulty breathing or shortness of breath
- Tiredness or fatigue
- Symptoms that get worse after physical or mental activities
- Difficulty thinking or concentration (i.e., brain fog)
- Cough
- Chest or stomach pain
- Headache
- Heart palpitations
- Joint or muscle pain
- Pins-and-needles feeling
- Diarrhea
- Sleep problems

- Lightheadedness
- Rash
- Mood changes
- Change in smell or taste
- Changes in menstrual period cycles

Other Long-term Effects

People who have had severe cases of COVID-19 may experience multiorgan effects or autoimmune conditions that last for weeks or months. These effects can impact numerous body parts, including the lungs, heart, kidneys, skin, and brain. Autoimmune conditions, when your immune system attacks healthy cells, can cause inflammation and tissue damage. Another possible com-

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plication, which occurs mainly in children, is a multisystem inflammatory syndrome (MIS). This condition can occur simultaneously as a COVID infection or directly after and causes inflammation in different parts of the body. MIS can lead to long-COVID conditions.

Prevention

The best way to avoid long-COVID is by not becoming infected with the COVID-19 virus. Currently, there are three FDA-approved vaccines available

for those over 16: Comirnaty or Pfizer-BioNTech, Moderna, and Janssen. The Pfizer_BioNTech COVID-19 vaccine, recently renamed Comirnaty, has an emergency use approval from the FDA for children ages 12 through 15.

For more information about the vaccines, visit <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/index.html>.

Other steps you can take to avoid infection are wearing

a mask to limit the spread of respiratory fluids, maintaining space between yourself and others, and washing or disinfecting your hands frequently.

The COVID-19 pandemic is an ongoing health emergency, and our knowledge of the long-term effects of the virus continues to evolve. 

Benefits Corner

Additional Benefits

The County Health Pool offers members these additional benefits:

- Flu Shot Reimbursement at 100% of the reasonable and customary rate
- Health Fair Reimbursement of up to \$40 annually
- Department of Transportation Physicals
 - Benefit limited to employees who are required to have a CDL license. CDL physicals every 24 months or earlier if ordered by provider and required to maintain good standing with a CDL
 - Reimbursed up to \$180 maximum
 - May only use medical examiners in the Medical Registry (<https://nationalregistry.fmcsa.dot.gov>) both in and out of network
 - If an employee needs any other additional testing done to pass their physical (i.e., stress tests, sleep apnea tests, etc.) it would be run through their medical coverage and the employee would be responsible for any copays, deductibles, or insurance for those tests



Note that claims should be filed within 6 months of the date of service

As always, CTSI staff is here to assist you with your health, dental, vision, or life insurance coverage. You can reach us at 303 861 0507.