**Avoiding Long and Regular Covid-19**

In the wake of the acute stage of Covid 19, at least 65 million people struggle with long Covid. This is a debilitating post infection condition that affects several body systems. Common symptoms are fatigue, shortness of breath and cognitive misfunction. These symptoms impair their ability to fully engage in daily activity for several months or years. The majority of people infected with the SARS Cov-2 recover within a few weeks. Long Covid is estimated to occur in 12-20% of cases and affects people of all ages, including children. There is massive loss to people’s health and well-being. One in ten victims stop working and experience economic loss.

Diagnosis and treatment are still sketchy and experimental. We know it can cause organ damage almost anywhere in the body. Misdiagnosis is common and many patients do not succeed in getting diagnosed nor in receiving insurance coverage. Because of this, the best response is to prevent Covid 19 through safety precautions and vaccinations. **Keep your vaccinations up to date and try to avoid exposure.** For up to date information on safety and on the new subvariant, check <https://www.cdc.gov/coronavirus/2019-ncov/variants/index.html>.

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