

Inequalities and Long COVID

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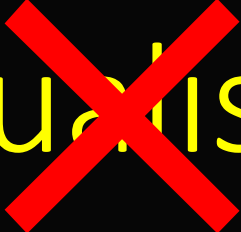
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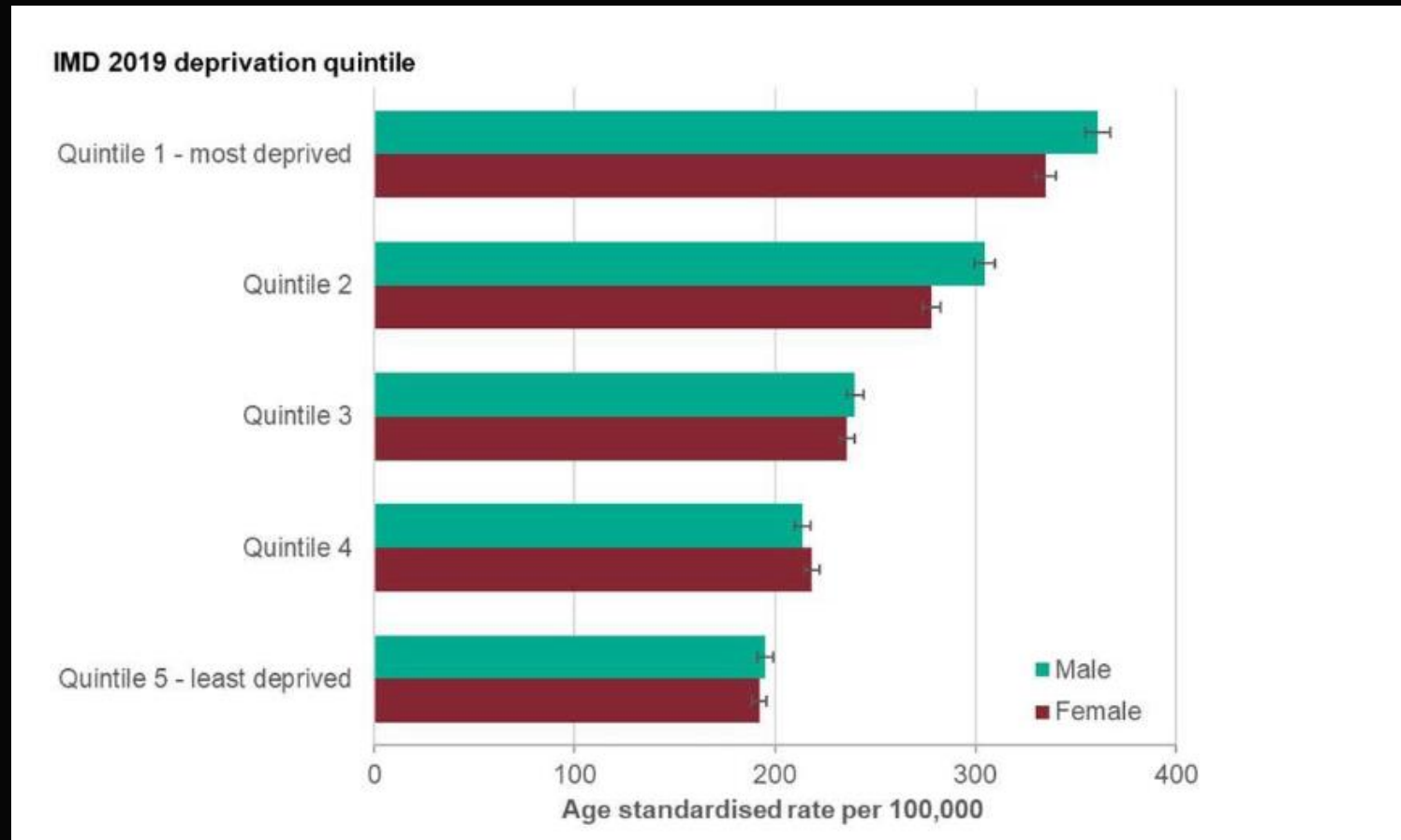
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20 Oct 2020

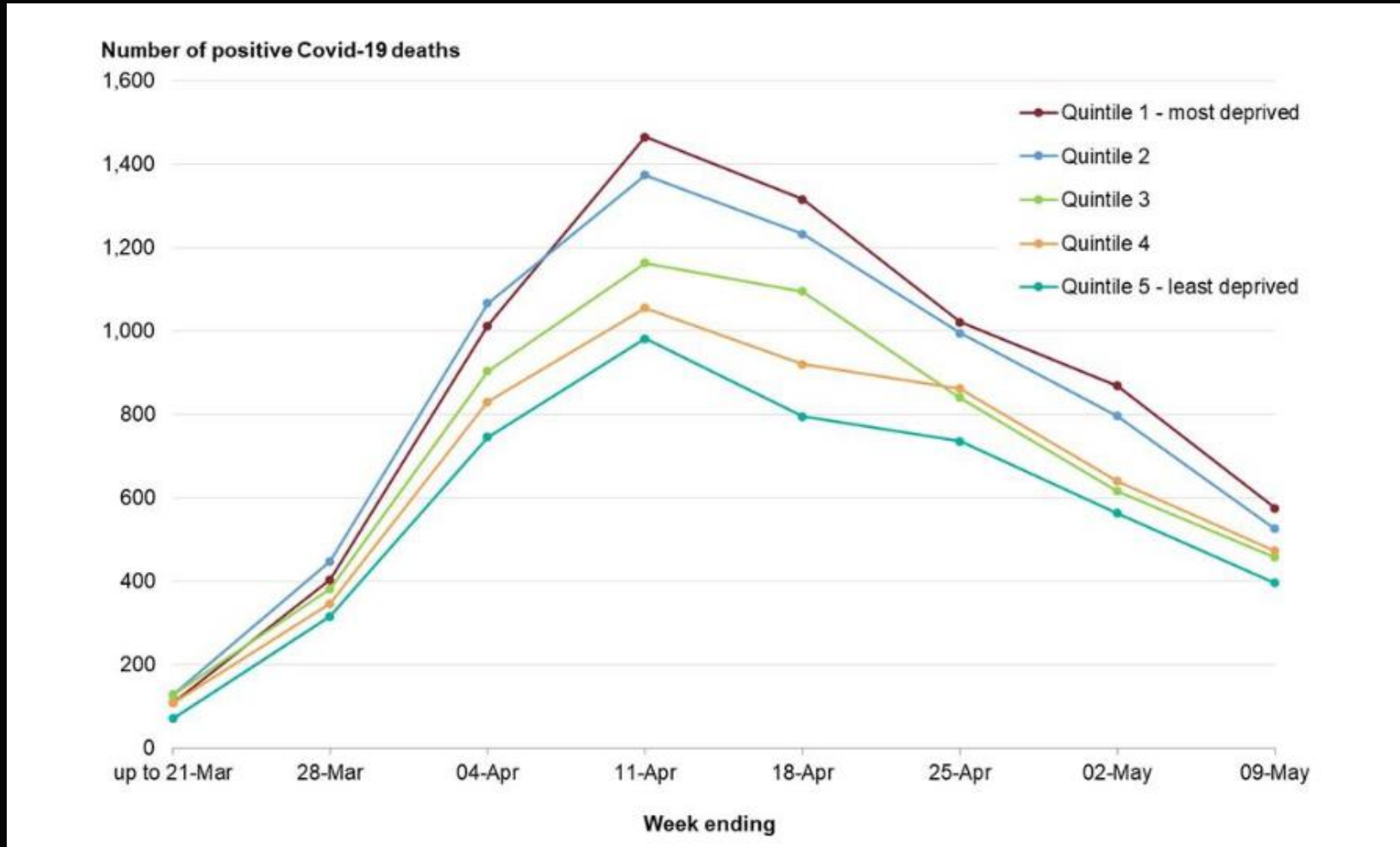


COVID19
The great equaliser?



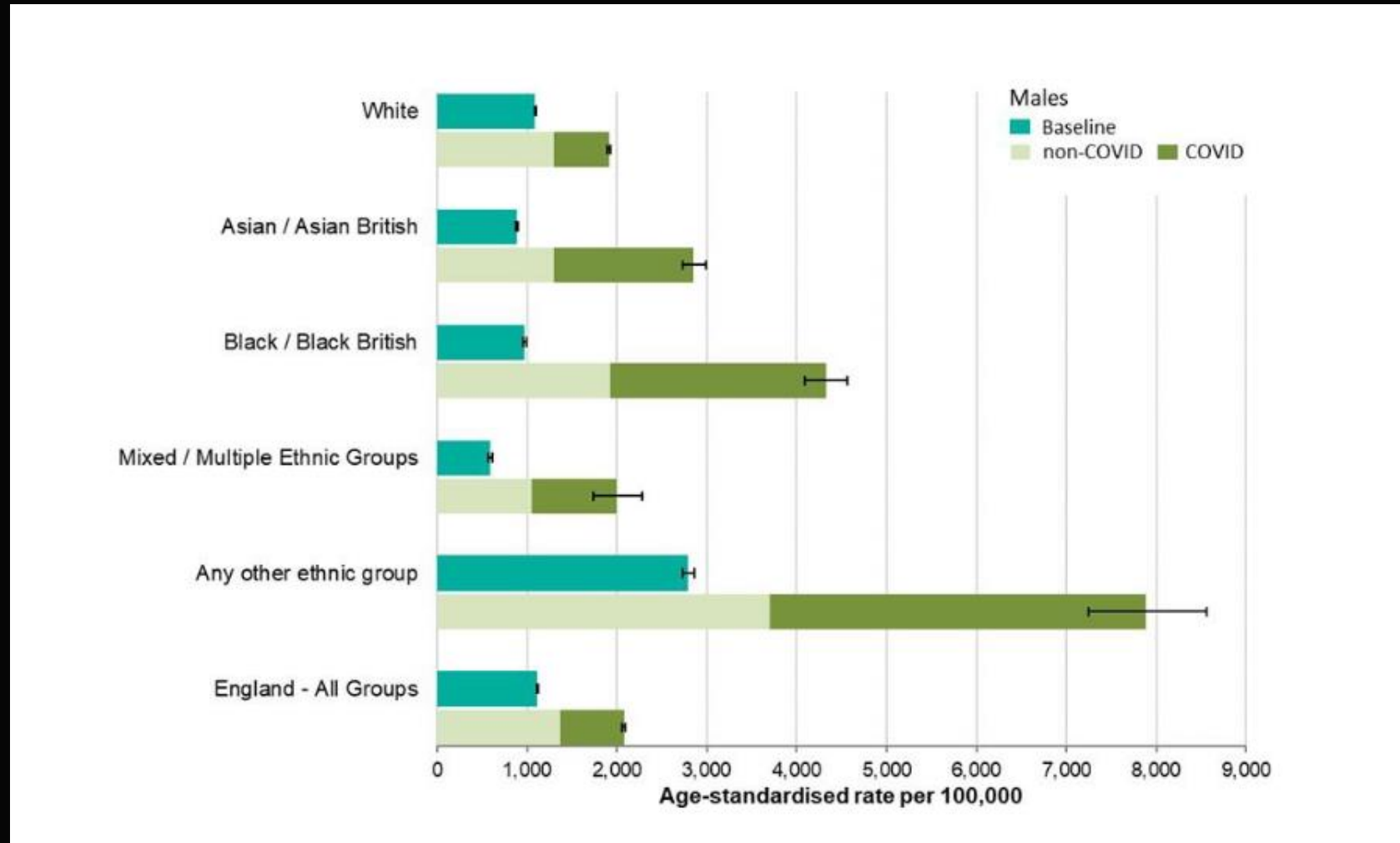


Age standardised diagnosis rates by deprivation quintile and sex, as of 13 May 2020, England
Source: Public Health England Second Generation Surveillance System



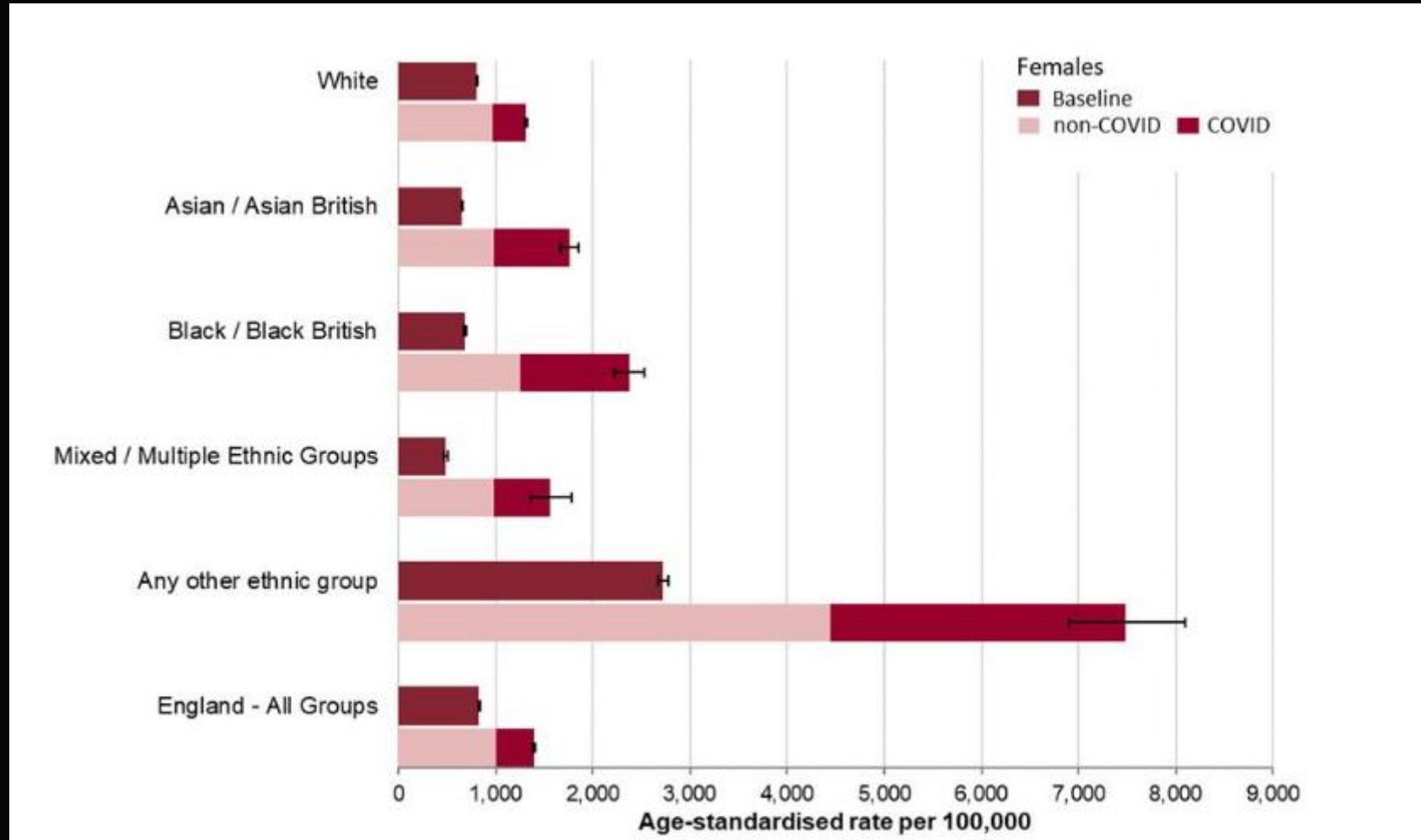
Number of deaths in laboratory confirmed COVID-19 cases by deprivation quintile and week, as of 9 May 2020, England

Source: Public Health England COVID-19 Specific Mortality Surveillance System



Age-standardised mortality rates for all cause deaths and deaths mentioning COVID-19, 21 March to 1 May 2020, compared with baseline mortality rates (2014 to 2018), by ethnicity and sex, England

Source: Public Health England analysis of ONS death registration data



Age-standardised mortality rates for all cause deaths and deaths mentioning COVID-19, 21 March to 1 May 2020, compared with baseline mortality rates (2014 to 2018), England
Source: Public Health England analysis of ONS death registration data



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<https://www.bmj.com/covid-memorial>

The Long Haul

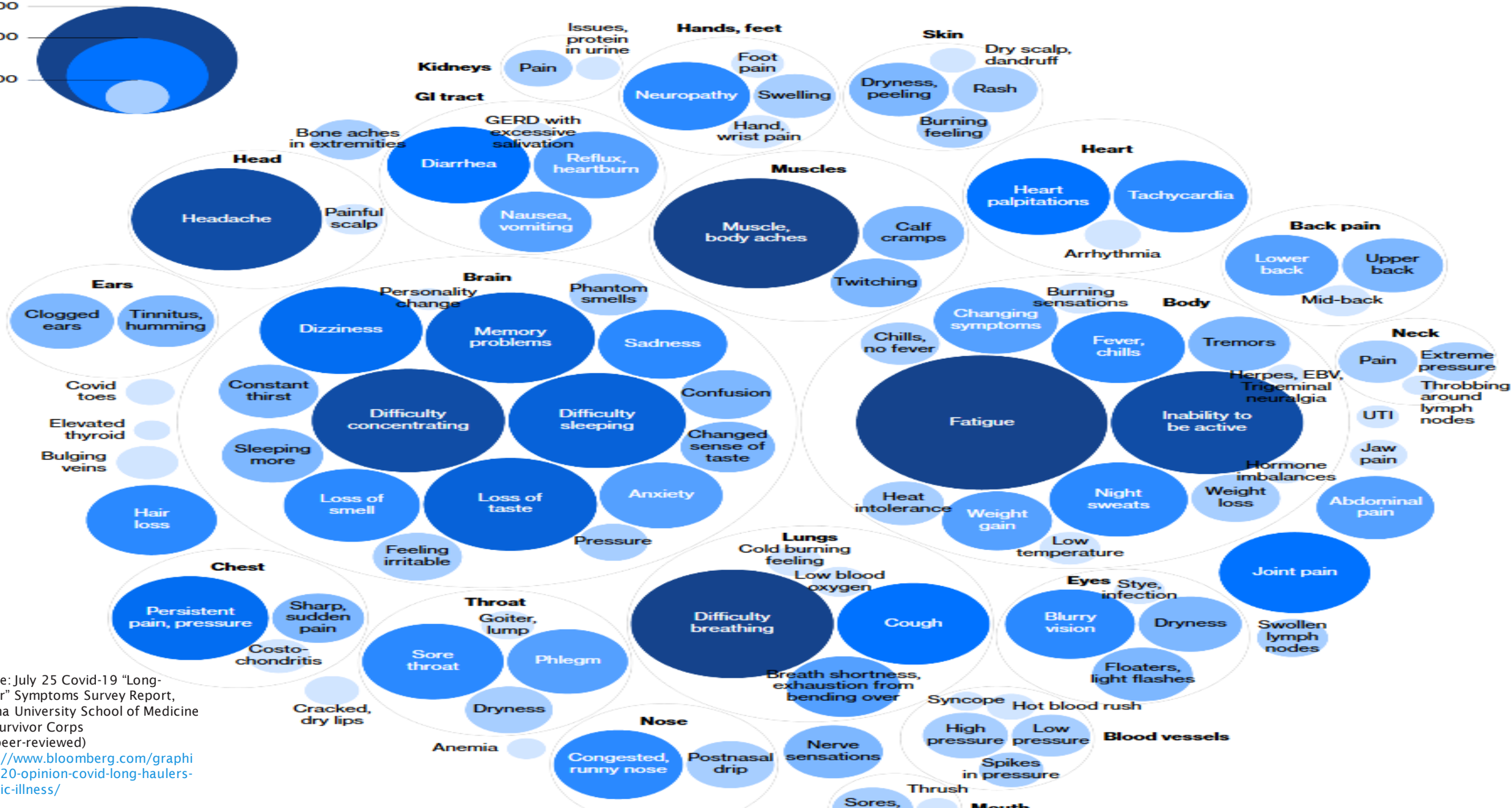
Covid survivors report a wide range of long-term symptoms

Number of people reporting symptoms

1,000

500

100



Source: July 25 Covid-19 "Long-Hauler" Symptoms Survey Report, Indiana University School of Medicine and Survivor Corps (not peer-reviewed)

<https://www.bloomberg.com/graphiccs/2020-opinion-covid-long-haulers-chronic-illness/>

Nisreen A Alwan: What exactly is mild covid-19?

July 28, 2020

We still know very little about covid-19, but we do know that we cannot fight what we do not measure



It is the morning after. I went out for a 20 minute slow walk yesterday evening with my little girl who was desperate to see the flowers on the way. My exercise capacity is still terrible, and I would pay the price the day after. Indeed, I woke up with the familiar chest heaves gets worse by sitting at my desk to work.

World view



By Nisreen A. Alwan

A negative COVID-19 test does not mean recovery

Pandemic policy must include defining and measuring what we mean by mild infection.

Eight months into the global pandemic, we're still measuring its effects only in deaths. Non-hospitalized cases are loosely termed 'mild' and are not followed up. Recovery is implied by discharge from hospital or testing negative for COVID-19. But the true human and economic costs of the pandemic will not be correctly estimated. Ill health in those classed as 'recovered' is going unmeasured. And, worldwide, millions of those still recovering from COVID-19 are not being counted.

Mostly healthy people with persistent symptoms such as chest heaviness, breathlessness, muscle pains, loss of taste and fatigue, which prevent them from resuming work, study or physical or caring activities, are still classed as 'recovered' under the umbrella of 'mild COVID'. Data from a UK smartwatch for tracking symptoms suggests that at least one in five people reporting are ill for more than three weeks.

“Once recovery is defined, we can differentiate COVID that quickly goes away from the prolonged form.”

quantifying and characterizing COVID-related illness in those not hospitalized. The consequences of failing to do so are significant. Some people, especially the young and healthy, might not see a need to follow preventive measures, because they expect only a few days of flu-like symptoms at the worst. Sick people might not get the support they need, and the true human and economic costs of the pandemic will not be correctly estimated.

As long as 'long COVID' is labelled as anecdotal, it will not be taken seriously, and public communication will neglect it. We need to quantify it properly and accurately. We must measure recovery in those not presenting with severe disease at the outset.

Let us start simple. With other common viral illnesses, such as flu, we would expect recovery to mean going back to pre-infection levels of functionality and quality of life. This means we must follow up all patients with confirmed (by test) or highly probable (by symptoms) COVID and find out whether they have returned to their previous normal within a specified time from the onset of their symptoms.

Long covid: diagnosis, management, prognosis

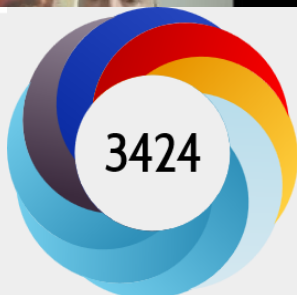
Watch later



OUTPUTS FROM NATURE

#86

of 76,251 outputs



3424

OUTPUTS OF SIMILAR AGE

#98

of 302,771 outputs

Long COVID: let patients help define long-lasting COVID symptoms

The terminology for long-lasting COVID symptoms – and the definition of recovery – must incorporate patients' perspectives.



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Why we need to keep using the patient made term “Long Covid”

October 1, 2020

“Long Covid” was [first used](#) by Elisa Perego as a Twitter hashtag in May to describe her own experience   of a multiphasic, cyclical condition that differed in time course and symptomatology from the bi-phasic pathway discussed in [early scientific papers](#), which focused on hospitalized patients. Just three months later, following intense advocacy by patients across the world, this patient made term has been taken up by powerful actors, including the [World Health Organization](#). Politicians have used it too: Matt Hancock, UK health secretary, recently explained to a parliamentary committee that [“the impact of long covid can be really debilitating for a long period of time.”](#)

#CountLongCovid

Long COVID
The great equaliser?





Scientific consensus on the COVID-19 pandemic: we need to act now

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If we don't protect everyone,
we protect no one.