



CHATting ABOUT HEALTH

LONG COVID

What is Long COVID?

- Occurs after COVID-19 infection
- Chronic condition
- Symptoms present for at least 3 months
- Symptoms can improve, worsen, or be ongoing.

Who can get Long COVID?

- Anyone, including children, who gets COVID-19 can develop long COVID.
- Long COVID happens more commonly in people who have severe COVID-19 illness.
- Studies show that women, Hispanic or Latino people, people 65 or older, people with underlying health conditions, and people who did not get a COVID-19 vaccine may be at higher risk.

Diagnosis can be challenging.

- People with Long COVID can have a variety of symptoms, ranging from mild to severe. They can be similar to symptoms of other illnesses.
- Fatigue, brain fog, and post-exertional malaise are commonly reported symptoms, but more than 200 Long COVID symptoms have been identified.
- There is no laboratory test that can determine if your symptoms or conditions are due to Long COVID.
- A diagnosis of long COVID is based on health history, health examination and a diagnosis of COVID-19 by a positive test, symptoms, or exposure.

Vaccination can prevent Long COVID

COVID vaccination is the best available tool to prevent Long COVID, including in children.



Learn more about Long COVID

<https://www.cdc.gov/covid/long-term-effects/>



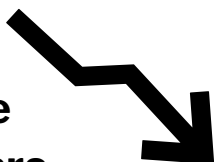
Opioid Overdose Epidemic

From 1999-2022, nearly 727,000 people died from an opioid overdose.

The rise in opioid overdose deaths came in three waves.

- The first wave began with increased prescribing of opioids in the 1990s.
- The second wave began in 2010, with rapid increases in overdose deaths involving heroin.
- The third wave began in 2013, with increases in overdose deaths involving synthetic opioids, especially fentanyl.

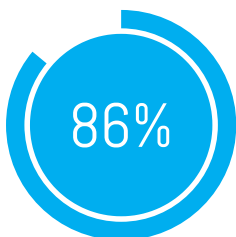
Data shows that overdose deaths have declined in recent years.



Sadly, overdose remains the leading cause of death for Americans aged 18-44



In 2024, about 86% of overdose deaths in Connecticut involved an opioid.



Signs of overdose can include:

- *Unconsciousness or unable to wake up*
- *Slow or shallow breathing or difficulty breathing such as choking sounds or a gurgling/snoring noise from a person who cannot be woken up*
- *Discolored skin (especially in nails or lips)*
- *Small, constricted "pinpoint pupils" that don't react to light*

NALOXONE

Naloxone saves lives.

- *It can reverse the effects of an overdose from opioids like heroin, morphine or fentanyl.*

Naloxone is easy to administer.

- *It is available in a nasal spray and an autoinjector. Both can be administered by bystanders.*

Naloxone is safe.

- *It will not do any harm if given to someone who is not overdosing on an opioid.*

https://public.tableau.com/app/profile/healthier.clinton/viz/SUDORS_Dashboard_final2/OverdoseDashboard



<https://www.cdc.gov/overdose-prevention/reversing-overdose/about-naloxone.html>

