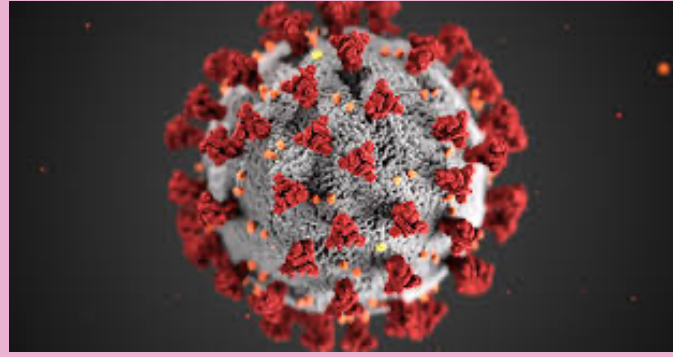


Long Covid-19

What is Covid-19?

Covid-19 is an infectious disease caused by a virus called SARS-CoV-2 virus. It is a very contagious disease, and although generally relatively mild, serious complications and death can occur.



What causes Covid-19?

The virus is spread through respiratory droplets that leads to infection. Examples of how these respiratory droplets transmit include coughing, sneezing, talking, and even simply breathing.

Pathophysiology

Covid-19 begins by replicating in the upper respiratory tract. If the infection isn't controlled and stopped, the body can trigger widespread inflammation through its immune response. The incubation period for Covid-19 is an average of 5 days, and most people develop symptoms in 11-15 days.



Symptoms

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Sore throat
- Congestion or runny nose
- New loss of taste or smell
- Fatigue
- Muscle or body aches
- Headache
- Nausea or vomiting
- Diarrhea
- Long Covid Symptoms
 - Loss of Smell
 - Loss of taste
 - Headaches
 - Body Aches
 - Memory Loss
 - Numbness
 - Tingling
 - Depression



Treatment Options

Antiviral medications are most common treatment options, especially for those at high risk of developing serious complications or illness from the disease. A few of these antiviral medication include Paxlovid, Lagevrio, and Remdesivir.

UN Sustainable Development Goals

UN Goal: Sustainable Cities and Communities. Air pollution in urban cities with poor air quality regulations causes increased cases of lung conditions, diabetes, cancers, and cardiovascular diseases. These diseases influenced by poor air quality lead to a higher probability of Covid-19 once exposed to the virus, and to more severe infections once contracted. Working to design cities with stricter emissions regulations and thus cleaner air will decrease the risks of developing both unrelated diseases and severe cases of Covid-19.

Citations

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