

POST-COVID-19 SYNDROME AND TREATMENT



NEUROLOGICAL SYMPTOMS

- Confusion, cognitive impairment (most common)
- Loss of taste and smell
- Brain disease and stroke



PSYCHIATRIC SYMPTOMS

- Sleep disorders (most common)
- Depression, anxiety disorders, Post-traumatic stress



RESPIRATORY SYMPTOMS

- Shortness of breath, prolonged cough (most common)
- Pneumonia, pulmonary fibrosis
- Chronic obstructive pulmonary disease



HEART SYMPTOMS

- Chest pain, palpitations (most common)
- Myocarditis
- Pericarditis



MUSCLE, JOINT AND BONE SYMPTOMS

- Fatigue, muscle pain (most common)
- Bone and joint pain
- Peripheral neuropathy



OTHER SYMPTOMS

- Rash, urticaria (most common)
- Hair loss, endocrine disorders
- Digestive disorders
- Decreased liver and kidney function



+ TREATMENT

- **Take care of mental health:** Always be optimistic, increase rest and relaxation, get enough sleep and avoid mental stress.
- **Nutritional regimen:** Eat nutritious food, drink enough water and take vitamin and mineral supplements. You can use drugs to support blood circulation, brain tonic, reduce cough... but it is necessary to consult a doctor or pharmacist.
- **Body training:** Practice breathing and do exercise for your arms, shoulders, spine, and chest in a well-ventilated place. Perform rehabilitation treatment and physical therapy as prescribed by the doctor.

+ WHEN YOU NEED TO SEE A DOCTOR

- When the signs and symptoms of post-COVID-19 cause long-term deterioration in health, affecting the ability to return to work or participate in social life, it is necessary to seek medical attention.
- People with underlying medical conditions need to maintain regular check-ups because COVID-19 can make existing damage worse.
- In addition, F0 group that was hospitalized, had pneumonia and received ICU treatment should be re-examined according to follow-up appointments after discharge.