

Post-Covid Conditions

By 4C Igie Ho & Alan Yue

Alan: Good morning principal, teachers and fellow students. I'm Alan from Class 4C.

Igie: I'm Igie from Class 4C. Today we are going to give a sharing on the topic– long-term effects of Covid-19.

Alan: After these few years of pandemic, life is getting back to normal. However, long-term after-effects still influence those who've recovered. According to a survey by Chinese University among 10,000 patients, 70% of them had at least one symptom of long Covid 5 months after they became ill.

Igie: That's terrible. I read the same survey too. According to it, one in 10 suffered from reproductive health and menstrual problems. Fighting long-term after-effects is definitely cumbersome. There are several examples of common symptoms, such as coughing for a long period, fatigue and headache.

Alan: Oh! It seems that the symptoms are very severe. I can't imagine how inconvenient it would be if I kept coughing every day! Speaking of long-term after-effects, have you ever experienced those before?

Igie: Unfortunately, yes. After a week of recovering from Covid-19, I have started to get quite exhausted during the daytime. For instance, I find it difficult to breathe when I walk upstairs and do exercise during PE lessons.

Alan: I'm sorry to hear that. Presence of long-term after-effects does affect your daily routine. I suggest you try out a variety of simple sports, like jogging and yoga. Having a balanced diet is also a way to care for yourself.

Igie: That's true. I will try to train my vital capacity more frequently! Additionally, I have suffered from brain fog since then.

Alan: Brian fog? What do you mean?

Igie: Brain fog is often described as a cloudy-headed feeling. It includes confusion, forgetfulness, and a lack of focus and mental clarity. I forget important things very often. For example, I forget to finish my homework and bring the materials needed to school.

Alan: If that's the case, your studies may be affected because of that! It's important to find a way to help you remember what you need to do. Plan your tasks by making to-do lists, and use memory tools such as calendars and notes. Having enough rest is also essential for your health. The faculty of memory can be greatly improved by sleeping for at least 7-8 hours a day.

Igie: That's nice advice! That's a great idea! I should try to arrange to-do lists to break my habit of staying up late! I believe that your suggestions can ease my problems effectively.

Alan: Although our lives are getting back to normal, we should be vigilant for mutant viruses. Wearing a mask and maintaining personal hygiene are crucial preventive measures.

Igie: Experiencing post-Covid conditions can be confusing and frustrating. If you are suffering from those symptoms of long-term after-effects like I do, don't hesitate to seek help. I hope that the pandemic will be gone very soon. That's the end of our sharing. Wish you all good health!

Resources: <https://www.med.cuhk.edu.hk/press-releases/cu-medicine-supported-by-the-hospital-authority-to-launch-hk-s-first-large-scale-long-covid-survey-aiming-to-inform-the-government-on-impact-of-long-covid-on-healthcare-services>

<https://www.coronavirus.gov.hk/eng/longcovid.html>