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Post-COVID Symptoms and Complications in Children and Teens

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ABSTRACT

Millions of children and teens have tested positive for SARS-CoV-2, the virus that causes COVID-19. Fortunately, they have been less likely than adults so far to become very ill. However, even if they had few or no symptoms, kids could develop a number of other conditions after the COVID. Symptoms and conditions that can affect children after COVID-19 are breathing problems, because COVID-19 most often affects the lungs, chest pain, cough, and more trouble breathing during exercise. Some of these symptoms can last for 3 months or longer. Cardiac issues like myocarditis, an inflammation of the heart muscle, can develop after COVID-19 (and after receiving mRNA Vaccine). One study of adult patients who recently recovered from COVID-19 suggested that 60% of them had myocarditis, regardless of their COVID symptoms during the infection. As many as 1 out of 4 children and teens age 10 to 19 years of age who had COVID experience changes to their sense of smell and taste. Negative effect on their eating habits and mood, developmental issues are also experienced by them. Acute COVID-19 illness can affect the nervous system and, in rare cases may lead to stroke or encephalitis. Having had COVID-19 can affect a child's mental health. For children with existing mental/behavioral illness, events surrounding COVID-19 (hospitalization, isolation, and absence from school activities) also make symptoms worse.

Keywords: myocarditis, inflammation, hospitalization, isolation, vaccine

