

Supporting Children and Adolescents with Post-COVID Conditions

What are Post-COVID Conditions?

Post-COVID Conditions (PCC) is an umbrella term for the wide range of physical and mental symptoms 4+ weeks after initial infection, including those who had a mild or asymptomatic infection.

Who Can Develop Post-COVID Conditions?

- Any individual with evidence of past COVID-19 infection:
 - prior positive test,
 - distinct clinical features of COVID without alternative diagnosis,
 - strong epidemiological link (ex. positive household member or known close contact).
- Those more likely to develop PCC include:
 - Children and teens who have been hospitalized,
 - Older children and adolescents,
 - Those with a history of allergic diseases.
- PCC is less likely to occur in children and teens who are vaccinated.

What are the Signs and Symptoms of Post-COVID Conditions?

Most Common	Other	
<ul style="list-style-type: none"> • Difficulty breathing • Fatigue • Loss of or changes in taste or smell • Chest pain • Headache • Lightheadedness • Orthostatic intolerance 	<ul style="list-style-type: none"> • Tachycardia • Muscle pain • Paresthesia (tingling in arms or legs) • Cough • Abdominal Pain • Diarrhea • Insomnia or other sleep difficulties 	<ul style="list-style-type: none"> • Fever • Rash • Mood changes (ex. anxiety, depression) • Brain fog or cognitive impairment • Post-exertional malaise

- Red Flags include a history of:
 - Prolonged fevers (>100.4 for 10+ days),
 - Significant weight loss,
 - Vomiting or headaches at night or early in the morning,
 - Developmental regression.
- On exam, findings may include:
 - Neurological deficits,
 - Enlarged lymph nodes, liver, and/or spleen,
 - Joint swelling/redness,
 - Cardiac murmurs.

What are Some Difficulties in Diagnosing Post-COVID Conditions?

- Younger children and those with developmental disabilities may be unable to verbalize symptoms.
- Symptoms may be inconsistent in presentation or manifestation.
- Health histories may include other parties (ex. parent, teachers).
- Children may have different perceptions of their symptoms.
- Symptoms may be dependent on expected developmental milestones (ex. picky eating, change in sleep patterns).