

# SAFETY BULLETIN

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## **Post-COVID Conditions to Positive Patient**

Most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. **Post-COVID conditions** are a wide range of new, returning, or ongoing health problems people can experience **more than four weeks** after first being infected with the virus that causes COVID-19. Even people who did not have symptoms when they were infected can have post-COVID conditions. These conditions can have different types and combinations of health problems for different lengths of time.

Experts around the world are working to learn more about short-term and long-term health effects associated with COVID-19, who gets them, and why.

## **Types of Post-COVID Conditions**

### **Long COVID**

Long COVID is a range of symptoms that can last weeks or months after first being infected with the virus that causes COVID-19 or can appear weeks after infection. Long COVID can happen to anyone who has had COVID-19, even if the illness was mild, or they had no symptoms. People with long COVID report experiencing different combinations of the following symptoms:

- Tiredness or fatigue
- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Loss of smell or taste
- Dizziness on standing
- Fast-beating or pounding heart (also known as heart palpitations)
- Chest pain
- Difficulty breathing or shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

### **Multi-organ Effects of COVID-19**

Multi-organ effects can affect most, if not all, body systems including heart, lung, kidney, skin, and brain functions. Multi-organ effects can also include conditions that occur after COVID-19, like **multisystem inflammatory syndrome (MIS)** and **autoimmune conditions**. MIS is a condition where different body parts can become swollen. Autoimmune conditions happen when your immune system attacks healthy cells in your body by mistake, causing painful swelling in the affected parts of the body. It is unknown how long multi-organ system effects might last and whether the effects could lead to chronic health conditions.

# **Mental Health Effects on Post Covid-19 Patient**

## **Corona-phobia**

After analyzing Post-covid19 patient, the alarm and panic that patients were feeling after recovery, researchers referred it as corona-phobia "an excessive triggered response of fear of contracting the virus causing COVID-19, leading to accompanied excessive concern over physiological symptoms, significant stress about personal and occupational loss, increased reassurance and safety seeking behaviors, and avoidance of public places and situations, causing marked impairment in daily life functioning." This trigger response have made Post-Covid19 patient life more difficult as it already is.

## **Social Stigma**

Social stigma in the context of health is the negative association between a person or group of people who share certain characteristics and a specific disease (COVID-19). In an outbreak, this may mean people are labelled, stereotyped, discriminated against, treated separately, and/or experience loss of status because of a perceived link with a disease (COVID-19). Such treatment can negatively affect those with the disease, as well as their caregivers, family, friends and communities. People who don't have the disease but share the same characteristics with this group may also suffer from stigma. The current COVID-19 outbreak has provoked social stigma and discriminatory behaviors against Post-Covid19 patient as they are perceived as a threat that might still spread the COVID-19 Virus.

## **Many long-term COVID-19 effects still unknown**

Much is still unknown about how COVID-19 will affect people over time, but research is ongoing. Researchers recommend that doctors closely monitor people who have had COVID-19 to see how their organs, body and mental condition are functioning after recovery. Many large medical centres are opening specialized clinics to provide care for people who have persistent symptoms or related illnesses after they recover from COVID-19. Support groups are available as well. It's important to remember that most people who have COVID-19 recover quickly. But the potentially long-lasting problems from COVID-19 make it even more important to reduce the spread of COVID-19 by following precautions. Precautions include wearing masks, social distancing, avoiding crowds, getting a vaccine when available and keeping hands clean.

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