

COVID-19 is not the flu!

A message from Red Cliff Health Providers

If you think, “I am young and otherwise healthy, so I am not worried about getting Covid,” please think twice! Protecting yourself by wearing a mask, practicing social distancing, and maintaining good hygiene are not just important to protect your older family members, or those with underlying health conditions.

COVID-19 infection can cause serious disease in otherwise healthy teens or adults. Studies nationwide show a remarkably high percentage of people suffering from disabling symptoms and serious disease months after their acute COVID-19 infection. Sadly, the rates of prolonged symptoms are high even in people recovering from mild or moderate initial disease, as well as people who had no preexisting conditions.

Tens of thousands of people, across a spectrum of age from teens on up, are experiencing symptoms of extreme fatigue, shortness of breath, joint pains, chest pain, digestive problems, headaches and brain fog. Symptoms are lasting for months, and for many, the symptoms are incapacitating, preventing return to work or school.

This syndrome is referred to as “COVID-19 Long Haul Syndrome.” Chronic inflammation in lung, heart, neurologic, digestive, and/or musculoskeletal tissues is one possible cause. Exercise intolerance may be due to lung, cardiac, and/or muscle tissue damage, all documented in these patients. Because this is a new virus, we cannot predict what effect such damage will have on these patients for future health or length of life.

So please take this seriously! Protect yourself as well as your family and neighbors!

