

Press Release

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FOR IMMEDIATE RELEASE

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SAFE Glen Cove Coalition: STUDY: Young Adults Experiencing Lingering COVID-19 Symptoms

According to a recent study conducted by the University of Dayton (Ohio) young adults are not exempt from experiencing prolonged COVID-19 symptoms that those in older age groups have been reporting. The research was compiled using University of Dayton students and showed that those that have been diagnosed with coronavirus and no longer suffer from the acute illness are still feeling prolonged symptoms of the virus including, chest pains, breathing difficulty, headaches, loss of smell and taste, and body aches. These young adults are predominantly between ages 18- 21.

51% of students surveyed are considered “long haulers” or having post-COVID syndrome, with symptoms that continued over 28 days and 30% had symptoms for 50 days or longer. Most long haulers had a mild to moderate case of the virus and weren’t sick enough to be hospitalized. They are no longer contagious but still live with the sometimes crippling leftover symptoms of the virus. Additionally, students without COVID-19 were surveyed to serve as a control helping researchers look to see which of these prolonged symptoms of the ones who did have COVID were experiencing to differentiate the ones that are more likely to be COVID related versus just general stress. Stress of being a college student, academic stress, and stress associated with this pandemic.

The study also sought to determine the long term effects of olfactory loss on mental health and on social function and engagement. Researchers were interested in COVID symptoms particularly smell loss associated with COVID, but when we started to look at the data it became clear over half of the research subjects got COVID who were experiencing these prolonged symptoms. It was then we decided to look at that more deeply or more closely. The main takeaways from this study is that there is still a lot to learn about the virus and that children and young adults are not immune or just getting COVID for a week or two and bouncing back to their normal lives, they are also at risk for these lingering effects, and researchers still don’t know what those will be five years from now, 10 years from now. Those that are long haulers can find support groups through social media and the Pulmonary Wellness Foundation offers free resources and support for people experiencing lingering COVID-19 symptoms as well as remote and in-person consultations and rehabilitation.

To learn more about the SAFE Glen Cove Coalition please follow us on www.facebook.com/safeglencovecoalition or visit SAFE's website to learn more about the COVID-19 Epidemic and its correlation to increased mental illness, alcohol and substance use at www.safeglencove.org.