

Long COVID information for children and young people

What is long COVID?

The term “long COVID” is commonly used to describe signs and symptoms that continue or develop after acute COVID-19. It includes both ongoing symptomatic COVID-19 (4 to 12 weeks after the infection started) and “post-COVID-19 syndrome” (symptoms lasting 12 weeks or more).

Anyone infected with COVID-19 can get long COVID – even if the original symptoms were mild. This includes young people aged 0 to 25 years. Research shows that between 1.8% and 53% of children who tested positive for COVID will have at least one symptom suggesting long COVID.

What are the symptoms?

The most frequently reported symptoms are changes in a young person’s:

- Energy levels (83.3% are affected)
- Mood (58.8%)
- Sleep (56.3%)
- Appetite (49.6%)



Remember, children may experience these difficulties in different ways from adults.

I think my child may have long COVID – what should I do?

If you are worried that you or your child have any of these symptoms and it is affecting how they live and function, please book an appointment with your GP. Ask for a referral to the long COVID team. Your GP might need to do some tests to rule out other conditions.

What do the long COVID team do?

We are a multi-professional team of doctors, nurses, physiotherapists, associate practitioners, other allied health professionals and administrators who deliver treatment aimed at promoting recovery, restoring function – and helping you, your child and their school manage the condition. We do this through assessment, support groups, education and rehabilitation.

Where can I find out more?

- www.provide.org.uk/service/mid-and-south-essex-long-covid-team
- www.yourcovidrecovery.nhs.uk or www.longcovidkids.org