





LONG COVID or LONG-HAIL COVID is a group of health problems pentisting or developing offer an initial COVID-19 infection. Symptoms can last weeks, months or years and ore offen debilitating, he World Health (graphization defines Long Covid as starting there amonths after infection, but of their definitions put the start of long Covid at for weeks. Long Covid at characteristic by a long number of symptoms, which sometimes disappear and reoppear. Commonly reported symptoms of Long Covid at Infection, memory problems, shortness of breath, and

PURPOSE

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The COVID-19 pondernic has been a major wold disabiling event that has led to long-term consequences for potient, both Young and Okt, trespective of fleel prior health status. This WOLD CANCED DAY, we're shorting knowledge, research and insight from across the world on an integrative Medicine Perspective to help educate, equip and empower YOU in the challenge against the very real impact of Long Covid, also known as You's Acute Sequelae of SARS-Cov-2 Intention (YASC). SYNOPSIS

Long Covid may not be a single disease or syndrome. It can happen whether you had a mild case of Covid or a severe one. The symptoms covid be similar for conformance, hand, heart, neurological of psychological distorters. From Symptoms can mild and oithers are completely debilidating. PASC is well-known to happer Contile-Vacader and Neurological problems. They may come and oper changes or get worse over time. You may feel the you never really got better from your infliat boot with Covid at all, in the occulorouscary stytem, effort interiorate and chest poin occur often. People are of increased risk of stotes, pulmonary embolism and mycocordial infraction ofter recovering from an acute Covid infaction. Teachment depends on your specific symptoms. Nevertheless, increasingly there is also as the in a variety of cancers and an adamning new phenomenon called Turbo-Cancer.































