



## The Impact of Post-COVID-19 can be Seen in Various Aspects of Life, Including Physical, Psychological, and Socio-Economic Factors

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There are some of the impacts of post-COVID-19:

#### Physical Impact

Most people who develop COVID-19 fully recover, but current evidence suggests approximately 10–20% of people experience a variety of mid and long-term symptoms, known as post-COVID-19 condition. These symptoms can last for at least 2 months from when someone first falls ill for it to be considered as post-COVID-19 condition.

A systematic review and meta-analysis of COVID-19 studies found more than 50 long-term effects of COVID-19, including fatigue, shortness of breath, chest pain, and cognitive impairment.

#### Psychological Impact

COVID-19 should be seen as a traumatic event, and the health status perception is affected by stress factors related to the pandemic isolation condition and to the infectious event itself. Post-COVID-19 syndrome may persist for months, and it should be considered a concern also at distance.

Further large-scale prospective longitudinal studies focusing on the ability to respond to the traumatic event, especially among those patients who experience the infection, are needed to obtain a thorough knowledge of peri- and post-traumatic implications of the SARS-CoV-2 pandemic and of the seriousness of the psychological distress on the world population.

#### Socio-Economic Impact

COVID-19 will leave a lasting imprint on the world economy, causing permanent changes and teaching important lessons.

Virus screening is likely to become part of our life, just like security measures became ubiquitous after 9/11.

It is important to invest in the infrastructure necessary to detect future viral outbreaks

The most important lesson from the COVID-19 pandemic is the importance of working together on problems that affect the entire human race.

Taking measures to avoid COVID-19 infection is the most effective way to protect yourself against post-COVID-19 condition.

This includes public health and social measures that reduce your chances of getting infected, such as washing your hands regularly, keeping a distance from others, wearing a mask when in a crowded, enclosed or poorly ventilated area, getting vaccinated and staying up to date with booster doses, and practicing respiratory etiquette.

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