

Risks Associated with Covid-19 Illness

As with any medication or treatment, we balance the risks of the treatment with the benefits. Taking Tylenol or ibuprofen, or even just getting into a car each day carries risks of possible severe or fatal injury/death. When thinking about the potential risks/benefits of vaccination, we should also be comparing those to the risks of Covid-19 itself.

Recovery and Persistent Symptoms:

- The time to recovery from COVID-19 is highly variable and depends on age and pre-existing comorbidities, in addition to illness severity;
- Individuals with mild infection are expected to recover relatively quickly (within about 2 weeks);
- Many individuals with more severe disease have a longer time to recovery (2-3+ months);
- The most common persistent symptoms include:
 - Fatigue;
 - Difficult or labored breathing;
 - Chest pain;
 - Cough;
 - Cognitive deficits; and
 - Data also suggests the potential for ongoing respiratory impairment.

Potential Complications and Long Term Effects of Covid-19 include:

- Lungs – persistent wheezing, shortness of breath, cough;
- Heart – arrhythmias and cardiomyopathy;
- Blood clots – pulmonary embolism, stroke;
- Nervous system – stroke, neuropathy, movement disorders, balance disorders, seizures, Guillain Barre syndrome;
- Inflammatory – persistent fevers, elevated inflammatory markers, multisystem inflammatory disease, toxic shock syndrome; and
- DEATH **

** Although the age-specific mortality rate for young people is relatively low, they still suffer many excess deaths from Covid-19. A medRxiv preprint study conducted by Dr. Faust (an ER physician from Boston, and his colleagues) indicates that COVID-19 was now likely the [leading cause of death in people between the ages of 25 and 44.](#)