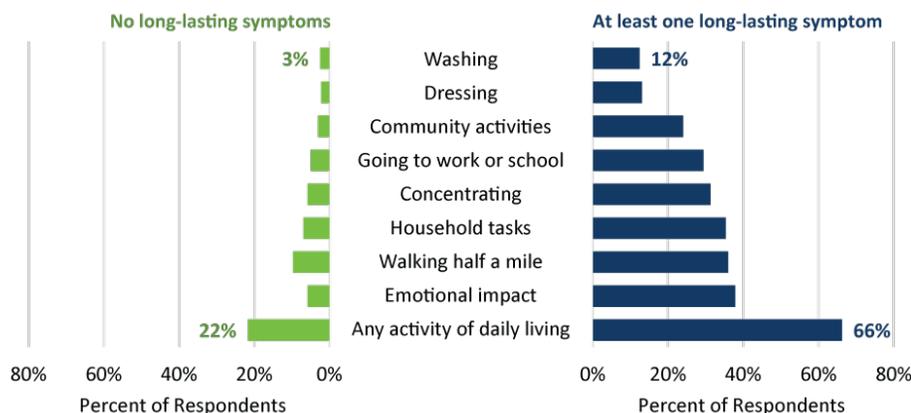


LONG COVID AND OTHER POST-VIRAL CHRONIC CONDITIONS

The Minnesota Public Health Response

The Minnesota Department of Health (MDH) is leading efforts in Minnesota to convene, coordinate, and build public health, health system, and community capacity to support the more than 375,000 children and adults who have ever or are currently experiencing long COVID and other post-viral infection associated chronic conditions (IACC). Post-viral IACCs are lingering symptoms, particularly severe fatigue, that persist after recovering from a viral infection, and can significantly impact daily life. These are leading causes of new disabilities. In a 2023 survey, 66% of Minnesotans experiencing at least one long COVID symptom reported difficulty with at least one daily activity.



Source: Long COVID Data and Reports - MN Dept. of Health

Health effects of post-viral conditions include but are not limited to:

- Fatigue interfering with daily life
- Breathing and lung problems
- Difficulty thinking or brain fog
- ME/CFS (Myalgic Encephalomyelitis/Chronic Fatigue Syndrome)
- POTS (Postural Orthostatic Tachycardia Syndrome)
- Post-exertional malaise (PEM)

Long COVID also increases risk of stroke, cardiovascular disease, diabetes, kidney disease, depression, and anxiety.

OUR PARTNERS

- African Career, Education & Resources, Incorporated (ACER)
- African Immigrants Community Services (AICS)
- The Aliveness Project
- Allina Health
- Bridges Health
- Carris Health/CentraCare
- Center for African Immigrants and Refugees Minnesota (CAIRO MN)
- Children's Hospitals and Clinics of Minnesota
- Chinese Community Center (CCTR)
- Community-University Health Care Center (CUHCC)
- Comunidades Organizando el Poder y la Accion Latina (COPAL)
- Cultural Wellness Center (CWC)
- Essentia Health
- Health Equity Northland (HEN)
- HealthPartners Clinics and Hospitals
- Hennepin Healthcare
- Hispanic Advocacy and Community Empowerment Through Research (HACER)
- Hmong American Partnership (HAP)
- International Oromo Health Professionals Association (IOHPA)
- Lao Assistance Center of Minnesota (LACM)
- M Health Fairview/University of Minnesota
- Mayo Clinic/Mayo Clinic Health System
- MEAction
- Metropolitan Center for Independent Living (MCIL)
- Minneapolis VA Health Care System
- Minnesota Community Care
- Minnesota Department of Human Services
- MN ME/CFS Alliance
- North Memorial Health
- Sanford Health
- Southeastern Center for Independent Living
- St. Mary's Health Clinics (SMHC)
- Stairstep Foundation
- Stratis Health

Engaging people with lived experience through:



RAISING AWARENESS

Comprehensive, up-to-date web content, video PSAs, fact sheets, and social media content. Over 65 presentations to the public, public health, social services, clinicians and health care administrators, community organizations, policymakers, employers, insurance benefits brokers, and at national forums.



BUILDING CLINICAL CAPACITY

A Long COVID Guiding Council of clinical experts from 14 organizations, including major health systems, Federally Qualified Health Centers, Veterans Affairs, Dept. Of Human Services: creating work accommodations template, electronic medical records (EMR) embedded guidance, provider education seminars and a learning network.



BUILDING COMMUNITY CAPACITY

Partnering with more than 30 organizations, including 16 community-based organizations in Minnesota to increase awareness, establish and coordinate local resources, and improve access to person-centered care.



EPIDEMIOLOGY AND MONITORING

Surveys to assess impacts of post-viral symptoms and conditions among Minnesotans. Epidemiologic study to identify and validate post-viral symptoms and conditions across 11 health systems covering over 90% of Minnesotans.

Community Partner Spotlight

Bridges Health is a network of nine sites that deliver holistic health and wellness education and services to rural Minnesota communities. With MDH funding, Bridges Health is effectively applying an evidence-based practice model to implement long COVID screening into every visit to identify symptoms. This starts open, trusting conversations with clients to address unanswered questions, fears, curiosities, and positive and negative perceptions of long COVID. These discussions raise awareness, guide care and services, support clients, and enhance training of future health professionals.



Scan for more information about long COVID, available resources, and the MDH Long COVID Program.

<http://www.health.state.mn.us/longcovid>