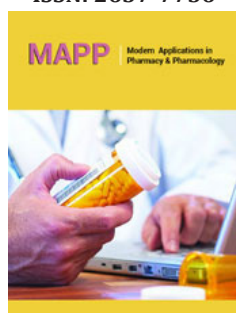


SARS-CoV-2: Complications after Recovering Covid-19 and its Precautions

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Introduction

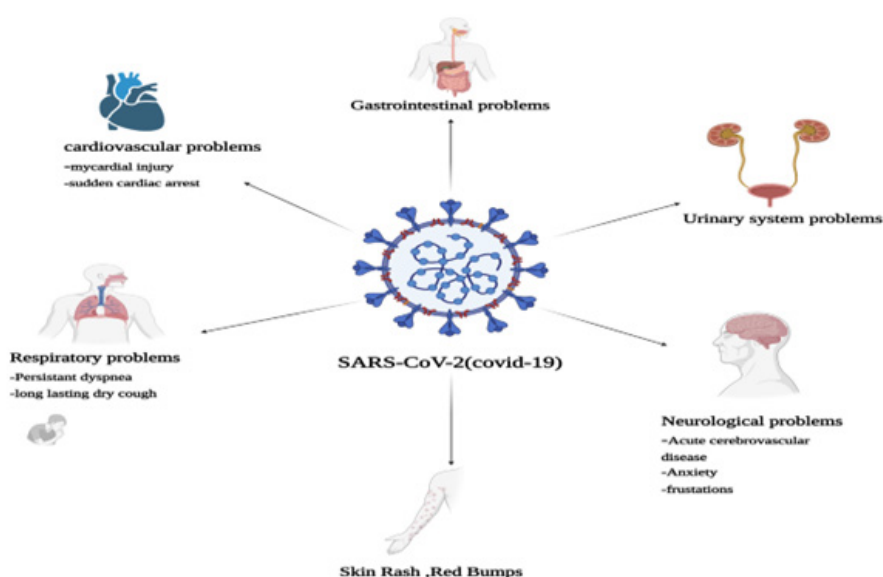


Figure 1: Post covid-19 complications with multiple organs.

COVID-19 is largely a viral infection of the respiratory tract caused by SARS-CoV-2. The vast spectrum of clinical signs associated with the involvement of numerous organs in SARS-CoV-2 patients is now considered a systemic infection due to the vast spectrum of clinical signs associated with the involvement of numerous organs in SARS-CoV-2 patients. COVID-19's immediate consequences are well known and frequently associated with a greater risk of death. However, delayed or long-term COVID-19 problems are becoming more prevalent and are associated with greater morbidity [1]. A rapidly developing corpus of literature exists on the clinical manifestations and therapy of COVID-19's acute phase. Common features of the early stage of COVID-19 are fever, musculoskeletal symptoms, dry cough, and shortness of breath, digestive problems, and anosmia [2]. A general deterioration in quality of life has been seen for as long as one year after a significant corona virus epidemic. Several long-term clinical complications have been reported that affect various aspects of health, including chronic fatigue, reduced muscle weakness, increased depression and anxiety, Post-Traumatic

Stress Disorder (PTSD), and sleep problems [3]. People in their elderly years of life and those with major health conditions such as diabetes, immunological disorders, cancer, or chronic diseases are at risk of suffering post-COVID complications (Figure 1). "Long Covid" or "long-haul Covid" refers to these post-Covid health issues or complications. In these cases, a patient's symptoms of the disease

persist for four weeks after the initial recovery. Modifications in the pathophysiology of the SARS-CoV-2 virus, inflammatory damage, and immunologic anomalies in COVID-19 are all possible paths that could contribute to post-COVID-19 problems (Figure 2). Severe COVID-19 survivors may experience problems with their numerous multiorgan systems [4].

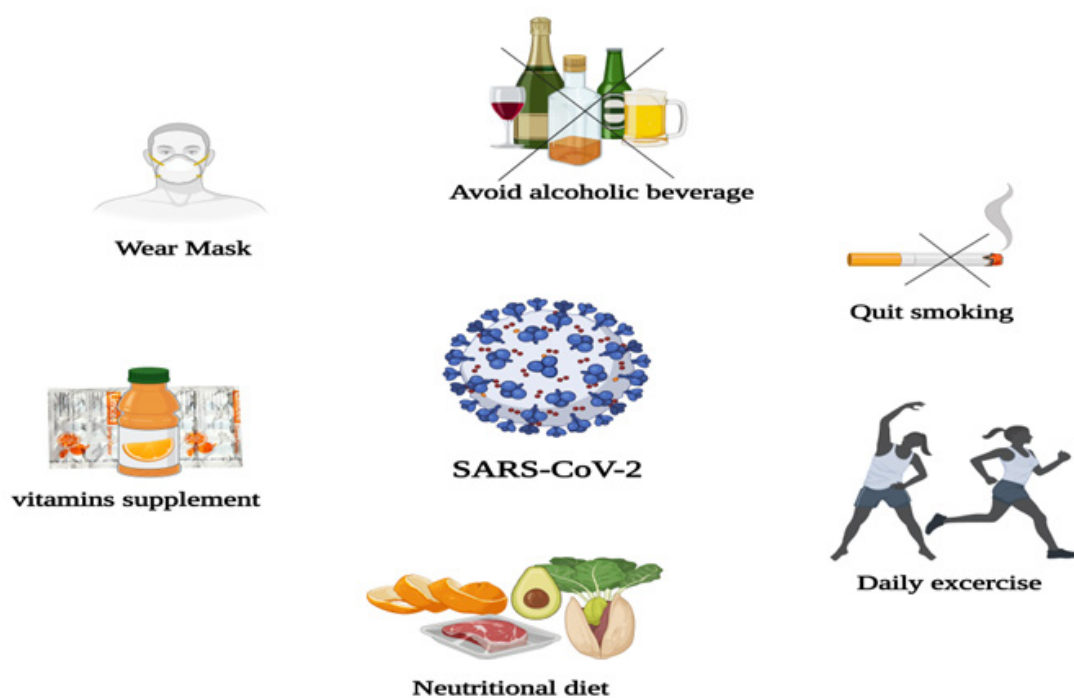


Figure 2: Precautions for post covid-19.

Precautions

- i. Patients should be advised to eat a well-balanced diet, get enough sleep, restrict their alcohol intake, and quit smoking.
- ii. Patients with prolonged heart symptoms should be continuously in touch with cardiologist and avoid heavy exercise.
- iii. Avoid to crowd places and wear mask
- iv. Add nutritional diet in daily diet
- v. Drink plenty of fluids
- vi. Avoid alcohol and tobacco
- vii. Take vitamins supplementation

- viii. Daily exercise for 10-15min.

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