

VACCINATION FOR ADULTS



STRATEGY INTRO: Increase demand for, and access to flu, COVID-19, and other adult vaccinations via 40 pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

UPDATED COVID VACCINES: YOUR BEST DEFENSE AGAINST LONG COVID

Asian Media Access has worked with community partners and Odam Medical Group to build awareness of Long COVID, and using the Long COVID as another motivation to urge more people to update their COVID vaccines. Minnesota Department of Health (MDH)'s Data has shown clearly - fewer long COVID symptoms with more complete COVID-19 vaccination.

Minnesota Department of Health (MDH) conducted a 2023 survey of 1,270 adults who had previously contracted COVID-19 to understand the prevalence and impact of long COVID symptoms. The COVID-19 pandemic has not had an equal impact on all Minnesota communities. As a result, some communities such as Minnesotans of color, American Indians, people with disabilities, those who live in rural or low-income areas, people in the LGBTQ community, or those who are homeless or have unstable housing may also be more likely to experience long COVID.



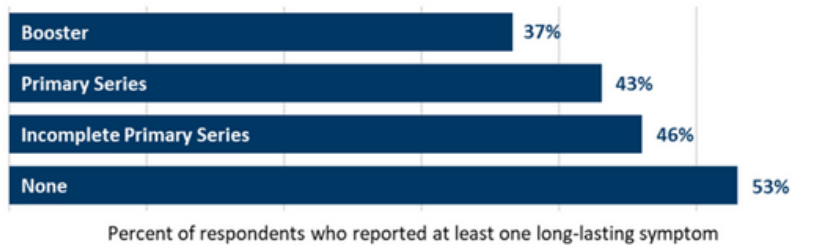
WHAT IS LONG COVID?

Long COVID refers to chronic conditions that persist for three months or more after a COVID-19 infection. Common symptoms include fatigue, brain fog, shortness of breath, muscle pain, and changes in taste or smell. Symptoms can range from mild to severe, with some individuals experiencing debilitating effects for months or even years. Nationally, 8.4% of adults have reported long COVID symptoms, suggesting that approximately 365,000 Minnesotans may have experienced similar issues.

Key Findings from the Surveys:

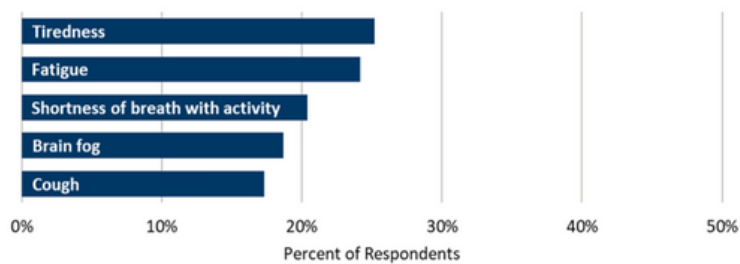
- **Prevalence of Symptoms:** Over 40% of respondents reported at least one long-lasting symptom, with many experiencing symptoms for six months or longer. Approximately 20% reported severe symptoms.

COVID-19 Vaccination Status



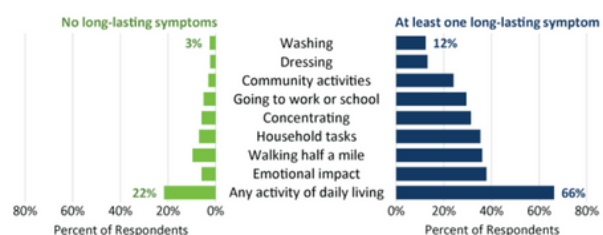
- **Common Symptoms:** The most frequently reported symptoms were tiredness, fatigue, shortness of breath, brain fog, and cough. Other common symptoms included muscle pain, sleep difficulties, headaches, joint pain, and loss of taste or smell.

The most common long-lasting symptoms were tiredness, fatigue, shortness of breath, brain fog, and cough.



- **Impact on Daily Life:** Two-thirds of respondents with long-lasting symptoms reported difficulty performing daily activities such as household tasks, work, or school. Emotional impacts were also significant.

People with long-lasting symptoms reported more difficulty with activities of daily living.



- **Healthcare Experiences:** Nearly half of those with long-lasting symptoms sought medical care for new health issues post-COVID-19, but only 9% were informed by their provider that they might have long COVID. Nationally, only 7% of physicians feel very confident diagnosing long COVID, and 4% feel very confident treating it.
- **Vaccination and Long COVID - Vaccination Benefits:** Respondents who completed the primary COVID-19 vaccination series and received boosters reported 16% fewer long COVID symptoms compared to unvaccinated individuals. Those vaccinated at the time of their first infection were less likely to report long-lasting symptoms.
- **Prevention and Management:**
 - **Prevention:** The best way to prevent long COVID is to avoid COVID-19 infection or reinfection. Protective measures include getting updated vaccines, practicing good hygiene, improving air quality, and wearing masks during respiratory illness seasons.
 - **Management:** Currently there is no cure for long COVID, but health care providers may be able to help reduce or manage symptoms through rehabilitation services, medications, and coordinated care. Management may include specialists that focus on the heart, lungs, digestion, diet and nutrition, sleep, mental health, neurology, physical therapy, or other fields of medicine.

As we continue to learn more about Long COVID, AMA is committed to emphasizing the importance of vaccination as the most effective way to reduce the risk of severe COVID-19 infection. Emerging evidence also suggests that staying up to date with COVID-19 vaccines may help lower the likelihood of developing long-term symptoms and complications associated with Long COVID.

“Long COVID”
“Post COVID”
“Long Hauler”

YOU DON'T WANT ANY OF IT!

Hear their stories at
[voicesoflongcovid.org](https://www.voicesoflongcovid.org)

*Over 40% of people who survive COVID, still have symptoms months later**

*see www.sciencedirect.com/journal/advance-article/doi/10.1016/j.ama.2022.05.004 for details

To make vaccination accessible, AMA continues to host monthly pop-up clinics in neighborhoods across the Twin Cities. We encourage everyone to take advantage of these clinics to protect themselves and their loved ones from the potential long-term effects of COVID-19. Follow us through AMA facebook for the most updated clinics near you - <https://www.facebook.com/asianmediaaccess>

Educational Article

LONG COVID - A POST-COVID CONDITION



Post-COVID conditions are health problems that people experience four or more weeks after being infected with the virus that causes COVID-19. Post-COVID conditions are also called long COVID, long-haul COVID, chronic COVID, post-acute COVID, or post-acute sequelae of COVID-19 (PASC).

View the website at: <https://www.health.state.mn.us/diseases/longcovid/index.html>

LONG COVID

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[Managing Chronic Conditions During COVID-19](#)

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Long COVID

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[About Long COVID](#)

What we know about long COVID, including symptoms and management.

[Resources and Support](#)

Medical and support resources for long COVID survivors, caregivers, schools, workplaces, and more.

[Data and Reports](#)

Findings from MDH's survey on long COVID symptoms in Minnesota.

[What We Are Doing](#)

What MDH is doing to understand the impacts of long COVID.

[For Health Care Providers](#)

Interim guidance and resources.

[Funding Opportunities](#)

Information about grants and contracts.

