

<After-effects of COVID-19 (long COVID)>

Defined by the WHO (World Health Organization): Seen in people who have had COVID-19, symptoms that continue for at least two months and cannot be explained as symptoms of another illness. Normally seen three months after the person has contracted COVID-19.

Details of implementation

◇ Online training sessions for healthcare providers, etc. (from July 2022)

- Provide information such as the latest knowledge on diagnosis and research details to healthcare providers, etc.
- A total of eight sessions have been held, with four scheduled in FY2024

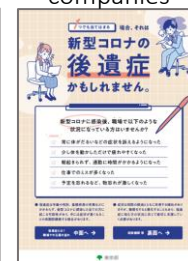
◇ Creation of leaflets and videos to help the understanding of long COVID

- Leaflet for residents (second version) (issued Sept 2022)
- Leaflet for companies (issued June 2023)
- Long COVID in children: leaflet for guardians (issued Sept 2023)
- Long COVID in children: handbook for teaching staff (issued Sept 2023)
- Videos: “What is long COVID?” and “When symptoms like fatigue persist” (published Nov 2024)

Leaflet for residents



Leaflet for companies



Leaflet for guardians



Handbook for teaching staff



◇ Information-sharing on a website

➤ Tokyo Long COVID Portal (created August 2024)

• Brings together information about long COVID and shares information for residents and healthcare providers

- Posts videos and leaflets with explanations of long COVID by Tokyo iCDC experts
- Posts maps and lists* of medical institutions that handle long COVID, has a function to search by location or symptom, etc.

*Publishes medical institutions that handle long COVID (September 8, 2022)

- Posts Q&A and information on training sessions for healthcare providers, etc.



[Page on portal website]



[Mobile version]



Online training sessions for long COVID organized by the Tokyo iCDC

[Third session in FY2024]

<Theme> Diagnosing people with neurological symptoms or effects on cognitive abilities and comorbid illness

<Date and time> December 15 (Sun), 2024 14:30 to 16:30

<Method> Online (online livestream) *Will be available to stream as a video at a later date

<Eligibility> Healthcare providers such as doctors, nurses, pharmacists, etc.

<Program>

Opening greeting Professor KAKU Mitsuo (Director of Tokyo iCDC/Specially Appointed Professor of St. Marianna University School of Medicine/Emeritus Professor of Tohoku University)

① “Neurological symptoms as long COVID, effects on cognitive function and responses”

Professor SHIMOHATA Takayoshi (Professor, Neurology, Gifu University Graduate School of Medicine)

② Comorbid illnesses of long COVID: the practice of diagnosis in our hospital and analysis results

Professor OOHIRA Yoshiyuki (Head of Comprehensive Health Care Internal Medicine, St. Marianna University School of Medicine)

Videos spreading awareness of long COVID

To ensure that more people know about long COVID, the Metropolitan Government has created two videos,* giving an overview of long COVID and offering responses to symptoms of long COVID such as fatigue and tiredness, based on the knowledge of experts from the long COVID Task Force. These are available on the Long COVID Portal (*English versions are also available. Published November 2024)

What is long COVID? (4 min 08 seconds)



<Main content>

- Symptoms of long COVID
- Treatments for long COVID
- If you think it's long COVID/understanding and support from those around you, etc.



When Symptoms Like Fatigue Persist

Key Points For Recovery And Support From Those Around You

(3 min 49 sec)



<Main content>

- Toward recovery from long COVID
- Key points in daily life
- Notes for returning to work or school and support from those around you, etc.

