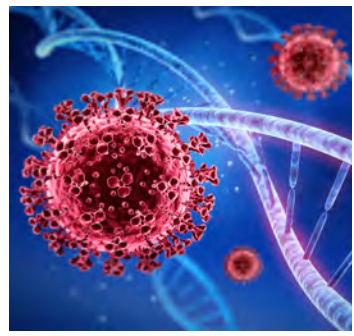
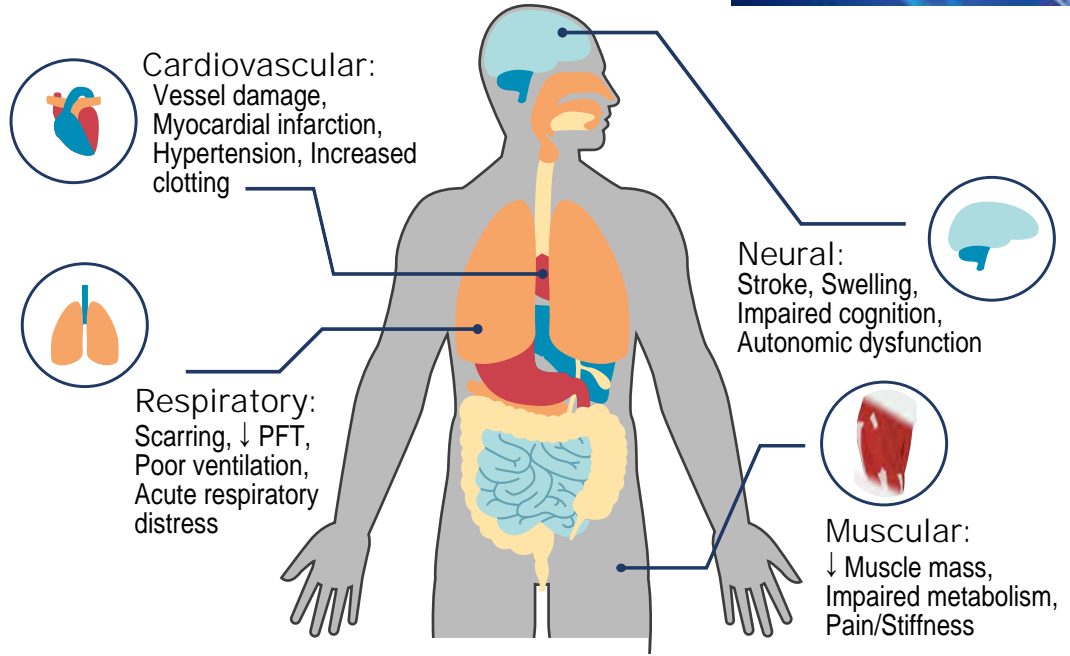


POST-COVID CONDITIONS: A Smoldering Issue in the Fire Service?



Post-COVID Conditions (or Long-COVID) refers to persistent, lingering, or new symptoms/conditions that emerge after the initial infection with SARS-CoV-2 virus has resolved.

Post-COVID conditions can involve multiple body systems. These conditions may be readily apparent (such as severe fatigue or brain fog) or they may be unrecognized but dangerous (such as arrhythmias, elevated blood pressure or metabolic changes). These symptoms and conditions can impair firefighter health and safety.



Long COVID symptoms that may be especially troubling for firefighters:

- Shortness of breath
- Severe fatigue
- Chest pain
- Palpitations
- Sleep disruption
- Muscle pain/Weakness
- Brain fog
- Depression/Anxiety
- Nausea

Gaining situational awareness is important because:

- Many firefighters do not recognize or report symptoms/conditions.
- While it is unknown how long post-COVID conditions persist, evidence shows an increased risk of cardiovascular events for at least a year.

Potential Impact of Long COVID on Firefighter Health and Safety :

- ↓ Work Performance
- ↓ Cardiorespiratory Fitness
- ↑ Risk of Cardiac Events
- ↓ Situational Awareness

MANY FIREFIGHTERS ARE AFFECTED BY LONG COVID

"I did not adequately explain to my crew that I was struggling physically and emotionally. I acted like I was okay, so they became frustrated seeing me struggle with tasks I used to do easily and without thought."
- Firefighter

RESOURCES

- If you are experiencing Long COVID, reach out for help.
- If you know someone who is experiencing Long COVID, reach out to provide help.



GET INFORMATION AND SUPPORT:



Article on Long COVID in the Fire Service



Longhailer Advocacy Project



Long COVID Alliance



CDC Long COVID



RECOVER (Be in a study)



FIRST RESPONDER
Center for Excellence



RESEARCH
FOUNDATION
RESEARCH FOR THE NFPA MISSION

