

# Long-term physical and mental health outcomes after COVID-19 occur in all ages

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Researchers find long-term physical and mental health outcomes after COVID-19 occur in all ages. Credit: Kelly Sikkema, Unsplash (CC0, [creativecommons.org/publicdomain/zero/1.0/](https://creativecommons.org/publicdomain/zero/1.0/))

Following COVID-19 infection, there is significant new onset morbidity

in children, adolescents and adults across 13 distinct diagnosis and symptom complexes, according to a new study publishing November 10 in the open access journal *PLOS Medicine* by Martin Roessler of Technische Universität Dresden, Germany, and colleagues.

Studies have established that some people infected with COVID-19 suffer long-term health problems following the acute phase of the disease. However, evidence on post-acute (post-COVID-19) syndrome is still limited, especially for children and [adolescents](#).

In the new study, using a health care dataset covering nearly half the German population and spanning all of 2019 and 2020, researchers identified patients with a [polymerase chain reaction](#) (PCR)-confirmed diagnosis of COVID-19.

They then compared the occurrence of pre-specified diagnoses, entered into the [medical record](#) at least three months post-infection, in these patients (11,950 children and adolescent and 145,184 [adults](#)) to a control cohort of more than 750,000 individuals with matched age, sex and pre-existing [medical conditions](#), without PCR-confirmed COVID-19.

Overall, children and adolescents who had been infected with COVID-19 were 30% more likely than controls to have documented health problems beginning three months or more after infection (436.91 vs 335.98 per 1,000 person-years, IRR=1.30, 95% CI=1.25–1.35, p

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