

## Session 5: Long-Term Complications of COVID-19; Cultural Attitudes Part 2

### Key Takeaways:

- Omicron variant has become the predominant COVID-19 in the US and the state of Nebraska
- *Long COVID* refers post-COVID conditions, a wide range of new or persistent symptoms four or more weeks after first being infected with the virus that causes COVID-19.
- Post-COVID conditions can affect one or more organ systems regardless of the severity of the acute COVID-19 infection.
- Culturally sensitive approaches to care, particularly COVID-19 prevention and control, ensure communities receive important information in a way that resonates with them and their cultural values, beliefs, and practices.

### Further Reading:

Long-COVID	<a href="#">CDC Post-COVID Conditions Overview</a>
	<a href="#">CDC Caring for People with Post-COVID Conditions</a>
	Long-COVID can be considered a disability under the <a href="#">ADA</a>
	Davis HE, et al. " <a href="#">Characterizing long COVID in an international cohort: 7 months of symptoms and their impact.</a> " <i>EClinicalMedicine</i> 2021, Aug;38:101019.
	Nalbandian A, et al. " <a href="#">Post-acute COVID-19 syndrome.</a> " <i>Nat Med</i> 2021;27:601-615.
COVID-19 Long-Haulers	<a href="#">"Long-Haulers are fighting for their future," The Atlantic, Sep 1, 2021.</a>
Post-COVID Recovery Clinics in Nebraska	Recovery options for post-COVID reviewed by <a href="#">Lincoln Journal Star, Dec. 31, 2021.</a>
	Nebraska Medicine Post-COVID Clinic – <a href="#">Call for appointment</a>
Cultural Sensitivity stages	Milton Bennett's <a href="#">Stages of Cultural Sensitivity</a>
	IDI (video): <a href="#">Workplace Impact of the Intercultural Development Inventory</a>
Cultural Sensitivity Questionnaire	<a href="#">Cultural Diversity Awareness Questionnaire</a>
COVID-19 Data	<a href="#">COVID-19 Act Now</a>
	Nebraska Dept Health & Human Services: * <a href="#">COVID-19 Dashboard</a> * <a href="#">Health Alert Network</a> <a href="#">Jan. 4 Omicron Predominant in Nebraska and Therapeutics Updates</a>
	<a href="#">New York Times</a> COVID-19 Data visualization <a href="#">Financial Times</a> COVID-19 Data visualization