

# WHAT IS *LONG-HAUL COVID?*



Last for at least 2 months



No recovery past 2–3 weeks



No alternative diagnosis

## LONG-HAUL COVID

The most common effect that long-haul COVID has on the heart is **myocarditis**, or inflammation within the hearts walls. Studies have emphasized the dangers of myocarditis as its mortality rates peaked at 51.2%

# HOW TO MONITOR *YOUR HEART RATE*

Thanks to modern technology, checking your heart rate is easier than ever! Most watches utilize **photoplethysmography** to track your heart rate, blood pressure, and blood oxygen anytime and anywhere!

## WHAT IS *PHOTOPLETHYSMOGRAPHY?*

Photoplethysmography works by shining a light to your skin's tissue and then the tracks the level of reflection that shines off your skin. In most watches, this light is usually below the watch.



**S.H.I.E.L.D.**  
*AGAINST COVID*



## ABOUT US

The Sudden Cardiac Death Awareness Research Foundation's mission is to empower communities and health care providers with knowledge and greater access to automated external defibrillators. Through the S.H.I.E.L.D. initiative, we hope to spread awareness about the implications of COVID-19 on cardiovascular health.

## THE COVID *CHRONICLES*

### PURPOSE

the M.A.S.C. Initiative proudly presents the COVID Chronicles Podcast. Join us as we speak with qualified physicians, Cardiologists, and COVID specialists about Long-Haul COVID and the heart!

### GUEST SPEAKERS

Join us as we speak with qualified Physicians, Cardiologists, and Covid Specialists to dive deep into Long-Haul Covid. Here you can learn about the specific impacts that Long-haul Covid can have on your heart through the voice of high school students!



*M.A.S.C. INITIATIVE*

## CONTACT US

Check out our podcast and website!  
Scan the QR code!

## THE COVID CHRONICLES *PODCAST*

Check out our podcast on Spotify and Apple music. Link is on our website as well!



*PROTECT  
YOUR HEART*

*JOIN OUR  
MISSION TO  
PREVENT  
CARDIAC DEATH  
FROM COVID*