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CLINICAL CHARACTERISTICS OF POST-COVID SYNDROME IN CHILDREN

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Relevance: Children practically do not become infected with COVID-19 - their immune system immediately reacts to the presence of the virus and neutralizes it, not giving it a chance to reproduce. However, the "British" strain of SARS-CoV-2 for minors turned out to be more infectious than its predecessor. According to a number of studies, the new strain of coronavirus is most often recorded among children under the age of 15 years. Children who have been infected with the British strain of SARS-CoV-2 experience post-Covid syndrome. The total share of children in the structure of COVID-19 incidence is 1-1.7%. 90% of them suffer the new coronavirus infection asymptomatically, in a mild or moderate form. At the same time, in some patients under 18 years of age, a pronounced hyperinflammatory reaction and multiple organ disorders develop against the background of Covid infection.

Materials and methods of research: 34 patients who had suffered SARS-CoV-2 infection were examined at the Zangiota-1 clinic. Of these, 19 children who had SARS-CoV-2 infection had post-Covid syndrome. All patients had a history of SARS-CoV-2 infection within the previous 6 months. The age of patients is from 1 to 15 years. All patients provided informed consent for examination and examination. This group of patients was examined by an allergist-immunologist, cardiologist, neurologist, gastroenterologist, and therapist. All patients underwent a biochemical blood test (ferritin, C-reactive protein, trace element content). Indicators of immune status were taken from healthy children aged 3 to 17 years (control group).

Results: According to the results of the study, it was revealed that 70% of children who had the British strain of SARS-CoV-19 experienced post-Covid syndrome. 30% of children had a weight loss of more than 10%, 25% had conjunctivitis, 50% had fatigue and weakness, 40% of those examined had frequent acute respiratory viral infections, tonsillitis, and skin rashes in 30% of those examined.

40% of children who have had COVID-19 experience frequent acute respiratory viral infections and tonsillitis over the next 6 months, even with asymptomatic infection.

According to the results of the study, a change in taste was noted in 35% of those examined, sleep disturbances were noted in 60% of those who had recovered, loss of smell in 45% of children, loss of taste in 35%, headaches in 20% of those who had recovered, and dizziness in 30% of patients.

All examined children with post-Covid syndrome showed changes in the general blood test: leukopenia in 20%, lymphopenia in 50%, increased ESR in 80%, decreased platelet content in 60% of children

Conclusions: In children who have suffered infection with the British strain of SARS-CoV-2, the following clinical manifestations of post-Covid syndrome are observed: frequent acute respiratory viral infections and tonsillitis in the next 6 months, fatigue and weakness, sleep disturbances, prolonged loss of taste and smell. 19 clinical observation should be organized to assess and dynamically monitor the health status of patients and, if necessary, carry out treatment, preventive and rehabilitation measures.