

# Post-viral Syndrome

## ***What is Post-viral Syndrome?***

Post-viral Syndrome (PVS) is a chronic condition in which a person suffers from sustained inflammation for extended periods of time after a viral illness. Some of the viruses that can trigger PVS include (but are not limited to) Epstein-Barr, Lyme, Poliovirus, and SARS-COV-2. Post-COVID Condition (also known as “long haul COVID” or “long COVID”) is one of the more recent and well-known examples of PVS.

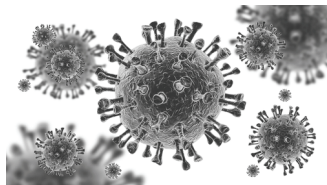
## ***What causes Post-viral Syndrome?***

Researchers and scientists are still unsure as to what exactly triggers PVS. Some theories suggest viral particles may remain in the body and cause sustained inflammation as the immune system continues to fight back. Others propose the initial viral infection ‘overloads’ the immune system, preventing resolution of the illness anywhere from weeks to years.

## ***What are the symptoms of Post-viral Syndrome?***

Individuals dealing with PVS may experience a wide range of physical, cognitive, emotional, and/or neurological conditions that vary in severity over time. Some of the most common symptoms include:

- Chronic fatigue and weakness
- Difficulty concentrating (commonly referred to as “brain fog”)
- Lingering headaches, muscle, and joint pain
- Sleep disturbances



## ***How can you protect yourself?***

Exercise good hygiene and health practices like routine handwashing, staying up to date on vaccines, and avoiding individuals who feel sick. The best way to prevent PVS is by staying healthy!

**To learn more, visit:** [sma.org/post-viral-syndrome](https://sma.org/post-viral-syndrome)



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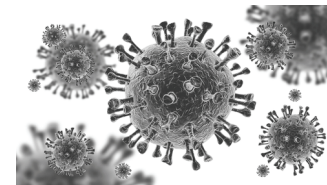
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