

Review Article: COVID 19 Complications in Childrens

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Abstract

COVID- 19 is a severe acute respiratory disease that affected the whole world wide in the form of pandemic. The first outbreak of COVID pandemic was reported in December 2019. While the whole world was struggling to cope up with this situation. Children were the silent sufferers in the whole pandemic. All over the world lockdowns were declared, schools were closed, they all hampered the studies as well as the mental health and social skills of children. Most commonly reported neurological symptoms were headache, altered mental status and weakness and severe symptoms were stroke and encephalopathy. Plasma transfusion and IVIG has been considered has been reported as useful for many neurological symptoms. Children who are immunocompromised are at risk as their immune system takes time to activate during this time the infection might spread rapidly. All this badly affected the education of children all over the world. Other than studies children faced detachment issues also. Many people lost their family during this pandemic many children became orphan during this pandemic

Keywords: Pandemic, Covid, Respiratory, Immunization, Pneumonia, Appetite, Insomnia, Post-traumatic Stress, Ivig, Encephalopathy.

Introduction

COVID19 is a respiratory disease that is caused by SARS -CoV-2. Many people throughout the world suffer from this deadly infectious disease. On 11th of February 2020, The world health organization proposed an official name for coronavirus disease as COVID-19. It is one of the largest categories of RNA virus that cause pneumonia. Though this disease affected the whole mankind, children were also

the one who were affected but somehow were not in the light. Many things happened, some of them lost their parents, have to stop studying. One of the main consequences of this pandemic was lockdown and school closures. Some children were not able to go outside to play and interact with others; this made a huge difference in their behavior and their attitude towards the world. Children started to stay at home and engage in mobile phone and electronic gadgets this made them lazy and obese.

Many children are dependent on the mid-daymeal program where nutritional needs are now not being fulfilled due to pandemic schools are closed. Whole world was affected by this outbreak of virus but the most affected ones were the poor or low living communities.

Symptoms of children with COVID

Fever, Cough, Diarrhea, Upper airway infection, Loss of taste and smell, Headache, Runny nose, Muscle and body aches, Low blood pressure, Rashes, Red eyes, Stomachache, Neck pain, Swollen lymph node in neck. These are most common symptoms of COVID in children and there are many more symptoms but they are found in very little amount. Symptoms of COVID are widely different from adults.

Post COVID Complications in Children

After recovering from COVID-19 doctors observed that children are suffering from Post COVID syndromes in which more than half of children were under age of Five. Most of these children were healthy before getting infected. Symptoms like dizziness, general weakness, primary diabetes, iron deficiency anemia, arthritis, abnormal sleeping pattern were the most common post COVID complications. There were complications like multisystem inflammatory syndrome in children with signs of Kawasaki disease. Multisystem inflammatory syndrome is a condition in which different body parts get inflamed like heart, skin, lungs, kidney brain. Multisystem inflammatory syndrome can be identified by difficulty in breathing, difficulty in staying awake and new confusion.

Impacts

On Mind of Children

Children are affected in many ways, some of them have lost either or both parents due to COVID infection. Some may have lost close relatives. These children are facing post-traumatic stress due to quarantine and the loss they may suffer from loss of appetite, insomnia, low mood anxiety. Due to lockdown children have lost the open space to play and make social relations however they are connected over the social media virtually. They do not have the platform to play physically and meet others. This affects their social skills. They are becoming more frustrated and not able to tolerate their anger.

On Children in Rural Area

Studies show that closing schools have made a huge impact on the studies of children. There are students who can only access books from the library. They are now not able to access books so their studies are getting affected. The rural communities with poor internet connection are at the worst side. They are not able to attend classes through online platforms. During this pandemic immunization shots of children were missed as there was no access to immunization facilities. These may lead to future health related issues in children.

On Education

Children are facing anxiety about the future also as the examinations are getting postponed. They are worried about their delayed further education. Education was available on e-platform but it was not accessible to the children with special needs. They were still facing the problem. A pandemic that requires social distancing makes it more difficult for parents and children of special needs. Children living on streets were facing lots of issues; they were not able to have proper access to food, water, and education. Many problem faced and some of the following are:

- There are many students who used to attend school for the mid-day meal program, due to the shift of education to online platforms where their nutrition requirement does not meet the line. Many of the students are suffering from not having enough food for daily life.
- There are many schools that used to run on very low budgets during this pandemic; they had to close down as there were no funds to support them.
- Many students were able to take online classes but there were many who were not able to attend those classes due to network issues or because they were not able to afford a smartphone.
- During this time when education was only available on online platforms many students utilized it in a good manner but there were students who misused this.
- Due to pandemic exams being canceled this affected the overall performance of students all students were given marks according to their average performance because of that almost everyone was graded equally this affected their college entrance.
- Children are lacking physical activities on

this online platform and the exposure that is gained by physically attending the schools.

- Many children were forced to drop out of the school during this time as parents were not able to afford their education.

Vaccines and fear

Now vaccines are available for children also aged 5-17 two doses of Pfizer/BioNTech children who are under 5-11 age group they should receive Pfizer/BioNTech pediatric dose. There have been lots of cases reported of myocardial infarction after vaccines; this is more common in boys and younger men. Most people who had myocarditis mild case got recovered after treatment. People are afraid of taking vaccines due to but the center of disease control and prevention strongly recommend getting vaccinated.

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