

Why long COVID is like living with HIV

As noted by Kevin Kavanagh, MD... a core difficulty in society's attempt to guide COVID-19 from pandemic to endemic is that COVID-19 is not just a respiratory virus.

Kavanagh wrote in *ICT®*'s October 2021 issue that SARS-CoV-2 is similar to HIV because it can “silently spread throughout the host's body and attack [almost every organ](#).”

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Kavanagh wrote that “much of the abandonment of public health measures has been spurred by a massive disinformation campaign, which has successfully convinced a relatively large portion of our population that, as long as one lives through COVID-19, all will be well. The young and healthy have especially embraced [this narrative](#).”

It is a false narrative, Kavanagh warns, because “the premise that mild infections do not carry significant risks is false.

In part, this belief is driven by those who have not died from COVID-19 being counted as ‘recovered’ as opposed to ‘survived.’

SARS-CoV-2 causes a system infection and is commonly detected in the heart and brain, exemplified by the loss of smell from brain tissue destruction and loss of cardiac function from myocarditis.

Even those who develop mild COVID-19 can develop long COVID, which, in many cases, lasts for a year or longer.”

[This is an excerpt. Read the original post here.](#)