

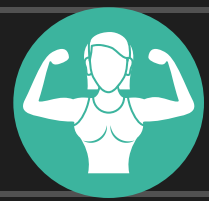
HOW HAS COVID-19 AFFECTED CHILDREN'S HEALTH?

Information sourced from WHO | [who.int](https://www.who.int)

In 2020, all the world has to face with the pandemic which is called Covid-19. Covid-19 is caused by a coronavirus which affects different people in different ways. It can easily infect people leading to emasculation of the immune system and human's health.

For that reason, children are the biggest victims due to having a weak immune system. All children, of all ages, and in all countries, are being affected, in some cases, by mitigation measures that may inadvertently do more harm than good.

PHYSICAL HEALTH



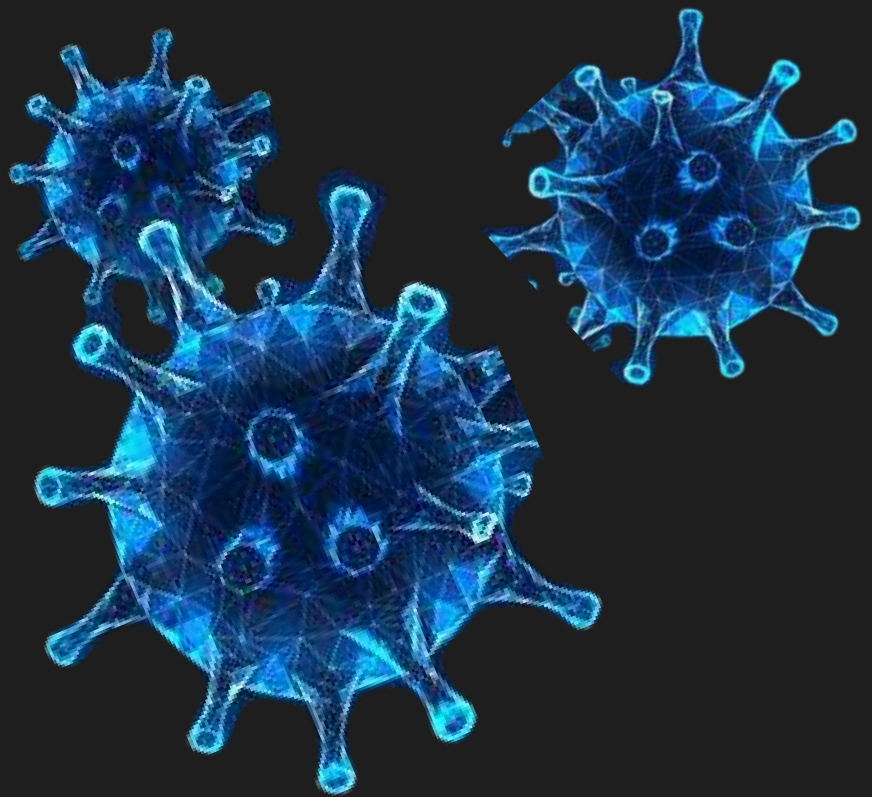
There were

578

children and adolescents to be **hospitalized** for Covid-19 during studying time.

The median age was **4.2** years and **83%**

had a history of close contact with a confirmed COVID-19 case.



Regarding severity, **30.8%** were asymptomatic, **60.4%** mild, **7.4%** moderate, and **1.4%** severe.

MENTAL HEALTH



Along with the physical effects observed during the pandemic, a multitude of mental, and potentially more severe mental effects were observed.

Such effects include moderate to severe spikes in mental illnesses for children with a **21%** increase in depressive symptoms, and a **19%** increase in anxiety symptoms compared to pre-COVID data. Depressive disorders are up to **five times as prevalent** since before COVID.

Quarantine has led to rises in:

- **Severe Depression**
- **Insomnia/sleep issues**
- **Anxiety**
- **Obesity**
- **etc.**