

## Press Release

Zürich, September 9, 2021

### Altea Long COVID Network: now also in French and Italian

*As of today (September 9th), the platform Altea Long COVID Network has also made its content available in French and Italian. This was made possible by the support of the Federal Office of Public Health (FOPH). Altea is intended to become the national hub about Long COVID.*

Since the beginning of September, [Altea Long COVID Network](#) has been financially supported by the Federal Office of Public Health (FOPH). Thanks to this commitment, the basic version of Altea is now also available in [Italian](#) and [French](#). The rest of the content is continuously translated and supplemented. This rolling process was chosen to make the content of Altea accessible as quickly as possible in French-speaking and in Italian-speaking Switzerland. An English language version is expected to follow in October.

Michael Schlunegger, Managing Director of LUNGE ZÜRICH, is delighted with the milestone achieved: "From the beginning, the aim was to make Altea available in all language regions. Numerous letters from French-speaking Switzerland and Ticino have shown us that the need for information about Long COVID is great everywhere. I am particularly pleased that we can now make the translations available thanks to the support of the FOPH. With this, the FOPH is sending a clear message: The long-term consequences of COVID-19 must be taken seriously and those affected must be helped."

To stay up to date, it is worth subscribing to [Altea's Newsletter](#). In this way, the recipients reliably learn about new insights, freshly translated advice and news worth knowing.

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#### What is Altea?

Altea was launched by LUNGE ZÜRICH in spring 2021 to improve the quality of life for those affected by Long COVID. This is to be achieved, among other things, with the following offers:

- the [Vademecum](#) with evidence-based advice to better deal with the symptoms;
- the [Directory](#) with contact points that have specific offers for Long COVID;
- the [Forum](#), in which those affected, relatives, medical specialists and researchers can exchange ideas (protected area, login required);
- the [Blog](#) with news from science and medicine, as well as politics, law and society;
- the [Stories](#) in which those affected tell their story and give the disease a face.

Altea's content is created in collaboration with an Expert Board made of members from various medical specialties. In terms of Co-creation, Altea sees itself as a hub between those affected, medicine and

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science as well as other people involved. Co-creation means that the experiences, inputs, suggestions, and ideas of the various stakeholder groups are central to the functioning and further development of the platform. The associated rolling development was chosen also for another reason: The suffering of those affected is enormous. Some of them have been suffering from massive impairments for over a year.

In the next few days, Altea's partnership will be transferred to an independent association. The name Altea is derived from the Greek Althaia and the Latin Althaea and means "the one who heals" or "the one who takes care".

### **Long COVID Syndrome – what do we know?**

A uniform recognized definition of Long COVID does not yet exist. In general, Long COVID refers to the long-term consequences after an infection with COVID-19 that cannot be explained by alternative diagnoses and that last longer than four weeks. Long COVID symptoms include, for example, shortness of breath, chronic fatigue, or joint and muscle pain.

Long COVID can affect anyone, not just members of risk groups or patients with a severe course of COVID-19. Even young, healthy people (including children) can suddenly be affected by symptoms, some of which are severe, after healing from an infection.

There is yet no reliable information about the frequency with which Long COVID occurs. However, even with a cautious estimate, tens of thousands of people in Switzerland could be affected by mild to more severe long-term effects. The [FOPH literature report](#) therefore expects long-term burdens for the health system and the economy.

[More information](#) is available on Altea.

### **LUNGE ZÜRICH: Hilft. Informiert. Wirkt.**

The association LUNGE ZÜRICH has been committed to healthy lungs and a high quality of life for lung patients for more than 100 years. It is the contact point for all questions in the field of lungs, lung health, air and breathing and provides comprehensive services in the consultation and care of people with lung diseases such as COPD, asthma, tuberculosis, or sleep apnea.

With its offer, the association maintains and improves the quality of life of people with lung disease and their relatives and makes an important contribution to the prevention, early detection, and research of lung diseases and to ensuring good air quality.

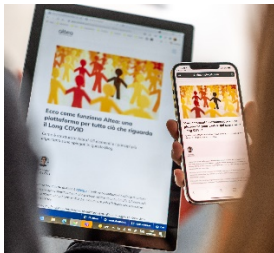
Back to the roots: With the founding of the Altea Network, LUNGE ZÜRICH is building in the spirit of «Helps. Informs. Works.» on its 100-year-old history. While tuberculosis was the trigger for the foundation in 1908, today the association is in a similar situation with COVID-19.

The LUNGE ZÜRICH association is a non-profit organization and operates under the name LUNGE ZÜRICH. [www.lunge-zuerich.ch](http://www.lunge-zuerich.ch)

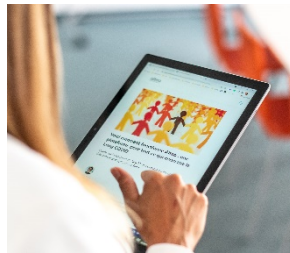
## Images

Appropriate images can be downloaded from the following link:

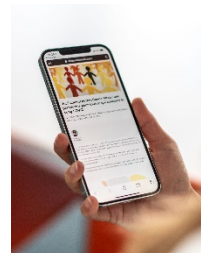
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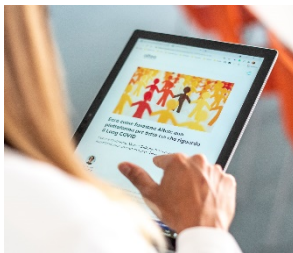
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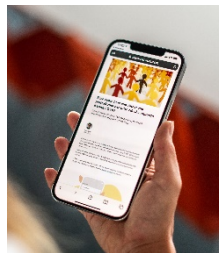
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Altea Long COVID Network\_03



Altea Long COVID Network\_04



Altea Long COVID Network\_05



Logo - Altea - Long COVID Network® small & medium

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