

## Media release

Zurich, 10 November 2021

### Altea Long COVID Network: now also available in English

*As of today, the content of the Altea Long COVID Network platform is also available in English. The Altea Long COVID Network thus now offers content in German, French, Italian and English, strengthening Altea's position as an important Swiss hub for matters relating to Long COVID as well as a centre for international dialogue.*

Since the beginning of September, the basic version of [Altea Long COVID Network](#) has also been available in [Italian](#) and [French](#). This was made possible through the support of the Federal Office of Public Health (FOPH). Today, these languages are now supplemented by the [English-language version](#) of the Website. While content in German will continue to be updated and expanded according to the latest findings, translations will also be rolled out in parallel on the French, Italian and English Websites.

The fact that Altea's content is now available in the four mentioned languages will consolidate Altea's strong position as an important Swiss hub for matters relating to Long COVID. Through the English-language version of the site, Altea will now be accessible also to people who do not speak any of Switzerland's national languages. Furthermore, the English-language Website will facilitate international dialogue, which may be of significant benefit to all those involved in the Long COVID network – be they directly affected, family members, health professionals or researchers.

Register for Altea's [Newsletter](#) to stay up to date. Recipients will be informed about the latest findings, newly translated Vademecum and any news worth knowing.

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#### What is Altea?

Altea was launched in the spring of 2021 by [LUNGE ZÜRICH](#) with the intention of improving the quality of life of those affected by Long COVID. We intend to achieve this through the following services:

- The [Vademecum](#) provides evidence-based tips on how to deal better with the symptoms
- The [Directory](#) of contact points that provide specific assistance for Long COVID
- The [Forum](#), which enables affected people, family members, health professionals and researchers to exchange ideas (restricted area, login required)
- The [Blog](#), featuring news from the domains of science and medicine, as well as politics, law, and society
- The [Stories](#) in which affected people tell their stories and give the disease a face

LUNGE ZÜRICH

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Contents published by Altea are written in collaboration with an Expert Board consisting of representatives from a variety of medical fields.

In a spirit of co-creation, Altea sees itself as a hub for affected people, medicine, science, and other involved parties. Co-creation means that the experiences, inputs, suggestions, and ideas of the various stakeholder groups are central to the functioning and evolution of the platform. The associated rolling development was chosen for another key reason: affected people have been enduring lots of suffering. Some of them have been suffering from massive impairments for more than a year.

The sponsorship of Altea was transferred to the independent Association Altea Long COVID Network in the autumn of 2021. The name Altea is derived from the Greek term “Althaíā” and the Latin term “Althaea” and means “he who heals” or “she who takes care.”

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

The World Health Organisation (WHO) published the a first clinical definition on October 6, 2021. While the WHO speaks of a “post COVID-19 condition ,” the term “Long COVID” has become established in other contexts. **Both terms mean the same thing: when symptoms appear in a person with a probable or confirmed SARS-CoV-2 infection within three months of becoming infected, last at least two months and cannot be explained by other causes.** Symptoms include, for example, shortness of breath, chronic fatigue or pain in the joints and muscles.

Long COVID can affect anyone – not just people in high-risk groups or patients suffering from severe cases of COVID-19. Having overcome an infection, even young, healthy people (including children) can also be suddenly affected by symptoms, which are sometimes severe. [According to the FOPH](#), approximately 20% of infected adults and about 2 to 3% of infected children are affected by Long COVID. This would mean that tens of thousands of people in Switzerland may be affected by mild to severe long-term effects. **For this reason**, the [FOPH literature report](#) anticipates that this will put a strain on the health system and the economy in the long term.

### **LUNGE ZÜRICH – Helping. Informing. Working.**

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: By establishing the Altea Network, LUNGE ZÜRICH is continuing its 100-year-old history and remaining true to its core principles of “Helping. Informing. Working.” While tuberculosis was the reason for its foundation in 1908, with COVID-19, the association finds itself in a similar situation today.

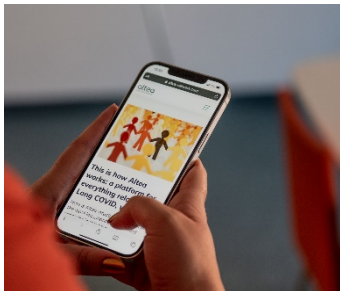
The Lunge Zürich association is a non-profit organisation and operates under the name LUNGE ZÜRICH. [www.lunge-zuerich.ch](http://www.lunge-zuerich.ch)

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### Photographic material

Suitable photographic material is available to download from the following link:

<https://we.tl/t-4oSE4fussq>



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