

# EPIGENETICS AND LONG COVID

**Genes** are **not the only ones** that influence your health.

Factors such as:

**Stress**



**Nutrition**



**Exercise**



**Environment**



They can cause your genes to **switch on or off**, acting like a switch but **without changing their structure**.

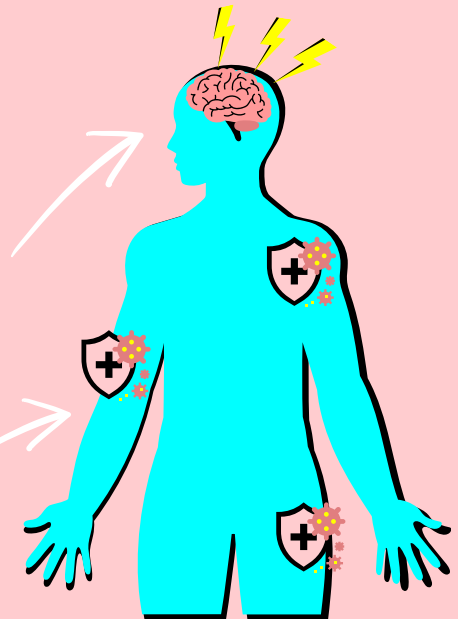
This is called:

**EPIGENETICS**

These factors are not the only ones that affect **epigenetics**; some viruses, such as **SARS-CoV-2**, can also alter **gene expression** and influence **long COVID**, potentially modifying:

The **brain** functioning

The body's **defense** against pathogens.



**EPIVINE**



# DID YOU KNOW THAT...?

**6 out of every 100 people infected with SARS-CoV-2 can develop long COVID.** <sup>1</sup>

Currently, it is **unknown** what causes the symptoms of long COVID. The scientific community is studying a **possible link** between **epigenetic changes** and this **condition**.



The **EPIVINf** project studies the **epigenetics** of patients with Long COVID to find **possible links** with the symptoms of **long-term infection**.



This research may help find new ways to **prevent** and **treat long COVID**.

Scan to know more about it



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1. World Health Organization (WHO). *Post COVID-19 condition (Long COVID)*.

