



ZENTRUM FÜR POSTINFEKTÖSE MULTISYSTEM-ERKRANKUNGEN

Individualized medicine for children, adolescents, and adults
with ME/CFS, Long COVID, Post-Vac & related conditions

10 Things Every Parent of a Child with Post COVID, Post-Vac, or ME/CFS Should Know

What does the diagnosis mean for my child?

Long COVID, ME/CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome), and Post-Vac Syndrome are serious physical conditions that can develop after a viral infection or vaccination. They affect the autonomic nervous system, energy metabolism, and immune system — often severely. These illnesses can turn a family's life upside down overnight. The body no longer cooperates, even when the will is strong. What once felt natural — laughing, running, school, meeting friends — suddenly becomes overwhelming.

1. You are not alone.

There are many families out there who feel lost. Whose children don't simply "bounce back." Your story matters. And it deserves to be heard.

2. You see what others don't.

You're by your child's side every day. You notice small changes, tiny steps forward — or quiet setbacks. These observations are valuable. Consider keeping a journal: it helps track energy levels and identify what might trigger crashes.

3. Your child is not imagining this.

Post COVID, Post Vac, and ME/CFS are invisible — but they are real. Pain, exhaustion, and brain fog can't be seen or measured, but they exist. Believe your child.

4. A good day doesn't mean recovery.

If your child has energy today, they may still crash tomorrow. That's not a setback — it's the rhythm of the illness. Teach your child the value of rest, even on good days. It can make a difference.

5. School matters — but health matters more.

It's okay to take the pressure off. There will be days when school just isn't possible — and that's okay. Learning happens outside the classroom too: patience, self-awareness, boundaries. Those lessons matter.



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6. It's okay to ask for help.

You don't have to carry this alone. Family, friends, support groups — they can all be anchors. Accepting help isn't weakness. It's strength.

7. It's okay to feel exhausted.

You are carrying so much. Your strength has limits too. Take care of yourself — even in small ways.

8. Speaking up isn't weakness.

When people don't understand what's happening, it hurts. Talk about it. Find allies who believe you — and your child.

9. There's no miracle pill. But there is a path.

Pacing. A structured daily rhythm. The right nutrition. Rest. Many things help — even if just a little. Small steps matter.

10. You're doing a good job.

Even if you doubt yourself. Even if you cry. Even if you feel lost. You're there — for your child. You don't have to be perfect. What matters is this: your child knows you believe them. And you're not giving up. You're walking this path together — step by step.

“And sometimes, things begin to get better the moment we're finally taken seriously.”

At **ZPIMS – Center for Post-Infectious Multisystem Conditions**, we're here to walk this path with you — as a family, as a team.

“It helps to know we're not alone.”



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