

# Hair Loss in Post COVID-19 Recovery

## Post-COVID-19

Interdisciplinary Clinical Care Network

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► It can be very distressing when your hair starts to fall out after recovering from COVID-19.

You are not alone.

Many COVID-19 survivors experience hair loss after their initial COVID infection. In fact, temporary hair loss is possible after any fever or illness.



What you are experiencing is actually more accurately called 'hair shedding'. The medical name is *telogen effluvium*. Shedding is a normal part of the hair cycle, but after fever or illness, more hairs than normal enter the shedding (telogen) phase of the hair growth lifecycle at the same time. Telogen effluvium causes noticeable hair shedding or spots with no hair at all (bald spots).

Most people notice more hair shedding two to three months after having a fever or illness. Handfuls of hair can come out when you shower or brush your hair. This hair shedding can last for six to nine months before it stops. For most people, their hair stops shedding, grows back and start to look normal again.

There is no treatment for telogen effluvium. If the cause of your hair shedding is due to a fever, illness, or stress, hair tends to return to normal on its own. You just have to give it time. As your hair grows back, you'll notice at your hairline short hairs that are all the same length. Most people see their hair regain its normal fullness within six to nine months.

For more information on how to support your understanding and management of symptoms as you recover from COVID-19, please visit [www.phsa.ca/health-info/post-covid-19-care-recovery](http://www.phsa.ca/health-info/post-covid-19-care-recovery)

