

## [Health](#)

# COVID and pandemic stress is causing widespread hair loss

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Hair loss is a common side effect of COVID-19 and the trauma of the pandemic itself. NPR's Ailsa Chang talks with Atlantic writer Amanda Mull about her article, "The Year America's Hair Fell Out."

AILSAS CHANG, HOST:

If you've noticed your hair is getting thinner during this pandemic or even falling out, you're not alone. For many people, the general upending of life as we knew it has shown up in visible hair loss - bald spots, receding hairlines, clogged shower drains. Hair loss can also be a side effect of COVID-19 itself. This has been "The Year America's Hair Fell Out." That is the title of an article in The Atlantic written by Amanda Mull, who joins us now. Welcome.