Long COVID

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What is long COVID?

~43% of people who survive COVID-19 report having long-term symptoms of the disease. Symptoms can last weeks, months, or years. ([Source](#))

Symptoms of long COVID:

- Tiredness that makes normal activities difficult
- Fever
- Trouble breathing
- Fast heartbeat or pounding heart
- Trouble thinking or concentrating
- Headache
- Sleep problems
- Depression or anxiety
- Diarrhea

People who are **not vaccinated** and get COVID-19 are **more likely** to develop symptoms of long COVID than people who **were vaccinated** before they became infected with the virus. ([Source](#))
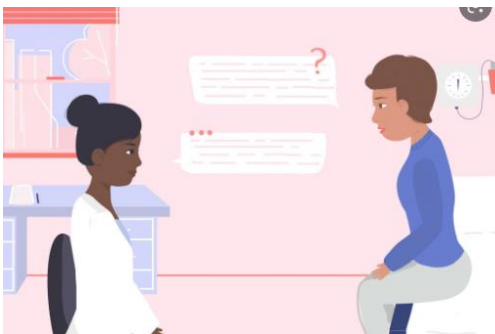
How do I know if I have long COVID?

There is no test available for long COVID. If you have symptoms of long COVID for more than 4 weeks after you had COVID-19, talk to your health care provider.

How do I prevent long COVID?

The best way to prevent long COVID is to not get COVID-19 in the first place. To protect yourself from COVID-19, make sure to:

- Get vaccinated and boosted
- Wear a mask
- Wash your hands
- Keep your distance

To find a vaccination site near you, visit: https://www.vaccines.gov/

For more information, visit:
- https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html
- https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-covid-appointment/index.html