

WHAT ARE **LONG COVID** OR **POST-COVID** CONDITIONS?

Studies show 1 in 10 people with COVID-19 experience ongoing symptoms and effects, even after initially recovering from their infection, referred to as Long COVID.



Long COVID conditions are found more often in people who had a severe case of COVID-19, but even in mild cases, COVID-19 can lead to Long COVID.

Long-term symptoms can last from weeks after infection to years.

- Recurring fever
- Difficulty breathing
- Chest pain
- Intense fatigue
- Heart palpitations
- Brain fog
- Dizziness

A recent study showed that nearly 1/2 of COVID-19 patients still have one or more complaints 3 months after infection, such as:

- Fatigue
- Shortness of breath
- Loss of smell
- Problems with concentration

Symptoms can be so severe, that many people who report suffering from Long COVID can no longer work and have filed for disability. As of July 2021, Long COVID can be considered a disability under the Americans with Disabilities Act (ADA).

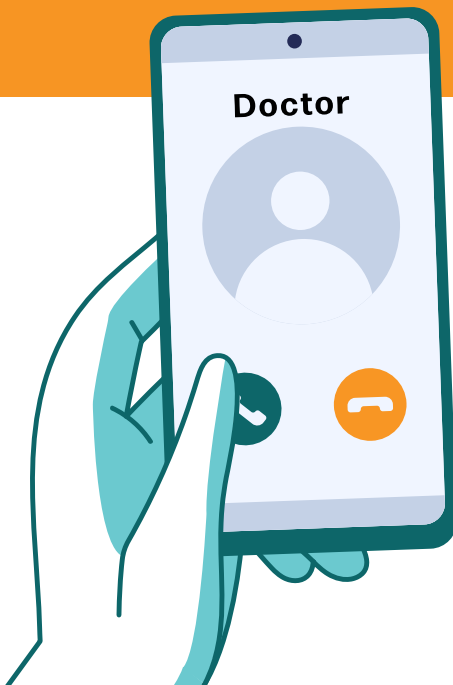


Scientists are working to understand more about who experiences Long COVID and why, including whether groups disproportionately impacted by COVID-19 are at higher risk. Certain groups of people might be more at risk for developing Long COVID conditions, including:

- People who had severe COVID-19 illness, especially those who were hospitalized or needed intensive care.
- People who had underlying health conditions prior to COVID-19.
- People who did not get a COVID-19 vaccine.
- People who experience multisystem inflammatory syndrome (MIS) during or after COVID-19 illness.

Inequalities may put People of Color and people with disabilities at greater risk for developing Long COVID conditions.

The best way to prevent Long COVID is to protect yourself and your community from becoming infected. Getting your COVID-19 vaccines and booster shot may help protect against severe and long-term illness.



If you're experiencing Long COVID, talk to a doctor or healthcare provider about creating a plan for treatment that can help improve your symptoms and quality of life.