

Seven Things You Need to Know About Long-COVID (or Post-COVID Syndrome)

1

COVID-19 symptoms that **last for more than 4 weeks** could be a condition called Long COVID, or “Post-COVID Syndrome.”

2

The best way to prevent Long COVID is to **get vaccinated for COVID-19.**

3

You are more **at risk for Long COVID** if you:

- Have other health conditions
- Are not vaccinated against COVID-19
- Had a severe COVID-19 illness

4

The most **common symptoms of Long COVID** are:

- Tiredness and fatigue
- Shortness of breath
- Cough
- Changes in smell or taste
- Brain fog or trouble focusing
- Headaches

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Symptoms of Long COVID can last for **weeks, months, or years.**

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If you think you have Long COVID, it is important to **talk to your doctor** about the best way to treat your illness and symptoms.

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You can learn more and stay updated by following guidance from the **Centers for Disease Control and Prevention (CDC)**. www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html

Reference

Centers for Disease Control and Prevention. Long covid or post-covid conditions. Centers for Disease Control and Prevention. Published July 20, 2023. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

