

What is Long COVID?

When people have COVID-19 symptoms that last for months after being infected this is called Long COVID or Post-COVID Conditions. It can also happen when new or chronic symptoms appear at a later time.

Who is most at risk for Long COVID?

- People who didn't get a COVID vaccine
- People who had severe COVID illness or needed intensive care or were hospitalized due to COVID illness
- People with pre-existing health conditions before COVID
- People who had multisystem inflammatory syndrome (MIS) during or after COVID illness

How do you prevent Long COVID?

- Get vaccinated and stay up to date with vaccine recommendations.
- Wear a face mask on public transportation, in public indoor spaces with a lot of people, or when social-distancing isn't possible.

How do you support people with Long COVID?

- Listen to them with kindness
- Accept what they are telling you as true
- Ask questions and take time to listen to their responses
- Ask them what they need or what you can do to help

Living with Long COVID can be hard because not much is known about this new illness. Talk to your Zufall medical provider about Long COVID and creating a health plan that works for you.



Common Long COVID Symptoms

- Tiredness that makes it difficult to do daily tasks
- Fever
- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart
- Difficulty thinking or concentrating (brain fog)
- Headache
- Sleep problems
- Dizziness when standing up
- Pins-and-needles feelings
- Change in smell or taste
- Depression and/or anxiety
- Diarrhea
- Stomach pain
- Joint or muscle pain
- Rash
- Changes in menstrual cycles