

WHAT IS LONG COVID?



Long COVID is defined as a range of new, returning or lingering symptoms 4 or more weeks after having COVID-19.

Many people living with long COVID were previously fit & healthy.



Children can also experience long COVID symptoms.



Best ways to prevent long COVID are:



GETTING VACCINATED



WEARING A MASK THAT HAS A GOOD FIT AND FILTRATION

Long COVID can even affect people who have experienced mild or symptom-free COVID-19 infections.

Long COVID can affect your heart, lungs, kidneys, skin, blood vessels, and/or brain functions. It can impact our thinking, our energy and cause other long-term effects in our body.

MOST COMMON SYMPTOMS:

extreme exhaustion (fatigue) and shortness of breath

OTHER SYMPTOMS

- chest pain or tightness
- fast heart rate or palpitations
- problems with memory and concentration (brain fog)
- feeling sick, diarrhea, stomach aches, loss of appetite
- depression and anxiety
- high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- dizziness
- joint or muscle pain
- rashes
- ringing ears, earaches
- difficulty sleeping (insomnia)

READY TO GET VACCINATED?

Please discuss any lingering questions or concerns about the vaccine with your health care provider. Visit MyTurn.ca.gov or Vaccines.gov to find a vaccination location near you.