

4 Questions about Long COVID

What is Long COVID?

People who get the virus that causes COVID-19 can experience symptoms for months following their illness. This is known as “Long COVID.”

10% to 30% of people who get COVID-19 develop Long COVID.

Doctors & scientists are still learning about this condition. This is what we know so far:

Who is at a higher risk to develop Long COVID?

- Those who had severe COVID illness, especially those who were in the hospital or intensive care
- People who had underlying conditions before getting COVID-19
- People who did not get the COVID-19 vaccines

How do I protect myself from Long COVID?

- Preventing COVID-19 infection is the best way to avoid developing Long COVID.
- The best way to protect yourself from getting COVID-19 is to get vaccinated and stay up-to-date with boosters.
- COVID-19 vaccines protect you from severe illness & long COVID if you do get a COVID-19 infection.

What are symptoms of Long COVID?

Scientists are learning, but symptoms of Long COVID include:

Breathing & Heart

Shortness of Breath
Cough
Chest Pain
Fast beating heart



Digestive

Diarrhea
Stomach pain



Neurological

Difficulty thinking
Headache
Sleep problems
Dizziness
Pins & needles feelings
Change in taste or smell
Depression or anxiety



Other Symptoms

Joint or muscle pain
Rash
Changes in menstrual cycle



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