




WHAT YOU NEED TO KNOW ABOUT LONG COVID

WHAT IS LONG COVID?

Long COVID occurs when **COVID symptoms last more than 4 weeks** after COVID infection. New symptoms can also occur.

FATIGUE **DEPRESSION**
ANXIETY
MEMORY PROBLEMS
DIFFICULTY CONCENTRATING
BODY ACHES **HEADACHES**
TINNITUS **ABNORMAL NERVE SENSATIONS**
SHORTNESS OF BREATH **COUGH**
FEVER **POST-EXERCISE EXHAUSTION**
STOMACH PROBLEMS **SLEEP PROBLEMS**
ABNORMAL HEART RHYTHMS

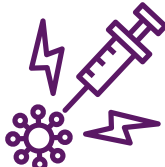


WHO AT RISK OF LONG COVID?

Most People. All strains of SARS-CoV-2 can cause Long COVID, including Omicron.

10 - 30% of people who are infected with COVID **develop long COVID**

Vaccination reduces the chances of long COVID to 5 - 25 %



HOW CAN I PREVENT LONG COVID?



Get vaccinated and boosted.

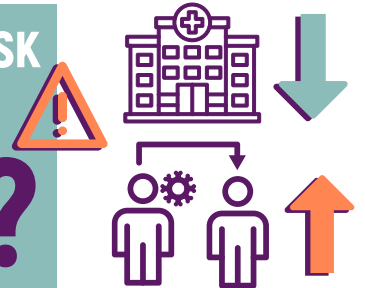


Wear N95 or KN95 masks to reduce COVID transmission



Understand the risks of infection in your community

WHAT IS THE RISK OF LONG COVID NOW?



As of August 2022, **Hospitalizations are low**, but **transmission is high**. Even though Infection is unlikely to cause severe disease, it can still lead to long COVID.

I HAVE WEIRD SYMPTOMS. IS IT LONG COVID? WHAT DO I DO?

Talk to your provider about your options including getting vaccinated, a slow return to exercise, and medication options, including Paxlovid.



Connect to a health care navigator/advocate group who can help you find providers.

Know that routine lab tests may be normal even though you have symptoms. Ask your doctor to read about tests for Long COVID.



Seek support. Long COVID can be associated with a lot of stigma.

SOURCES: We have made our best effort to provide the most accurate information available as of July 2022, given the public data available at the time. For a full listing of all statements in this infographic with sources, please see the website link above. This information may change as we learn more. This is an informational community resource. For medical advice, please consult your health provider.

For Sources and Resource Links

communityresiliencetrust.org/long-covid

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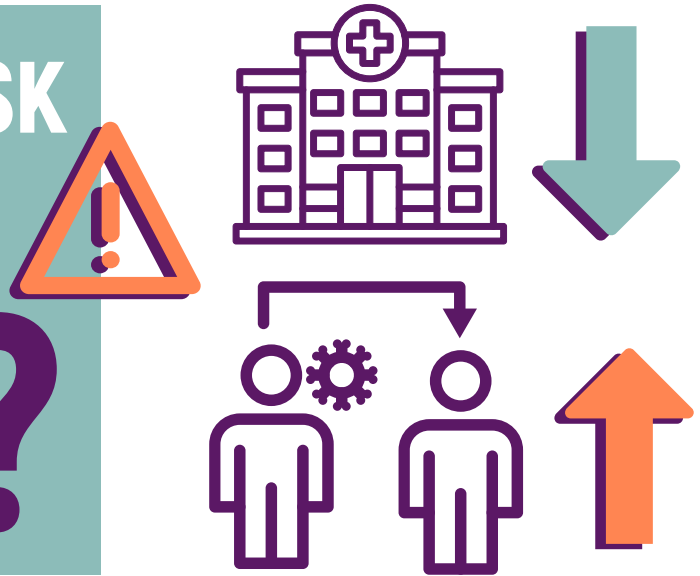
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