

# PROTECTION

## Long COVID affects us in many different ways

### What is Long COVID?

People with Long COVID can have a wide range of symptoms that last more than 4 weeks or even months after their COVID-19 infection. Sometimes these symptoms can go away or come back again.

### People who experience Long COVID symptoms most commonly report:

- Tiredness or fatigue
- Difficulty thinking or concentrating (brain fog)
- Difficulty breathing or shortness of breath
- Cough
- Fever
- Joint or muscle pain

### Other Long COVID symptoms may include:

- Fast-beating or pounding heart (heart palpitations)
- Chest pain
- Dizziness when you stand up (lightheadedness)
- Headache
- Changes to taste/smell
- Inability to exercise
- Depression or anxiety
- Sleep problems
- Diarrhea or other stomach problems
- Rash
- Hair loss
- Changes in menstrual cycles (females only)

### What can be done?

People experiencing Long COVID symptoms can speak to a healthcare provider about possible medical treatment to help with their symptoms that could improve their quality of life.



Scan this QR Code for more information about healthcare provider appointments for post-COVID conditions:

