

PROTECT YOURSELF FROM LONG COVID

Long COVID or Post-COVID Conditions can include a wide range of ongoing health problems; **these conditions can last weeks, months, or years.**



General symptoms can include fatigue, fever, shortness of breath, cough, chest pain, pounding heart, difficulty thinking or concentrating, headache, sleep problems, dizziness, pins-and-needles feelings, change in smell or taste, depression or anxiety, diarrhea, stomach pain, joint or muscle pain, rash, and changes in menstrual cycles. Some people experience new health conditions after COVID-19 illness such as diabetes, heart disease, blood clots, or conditions affecting the nervous system.

Who is at Risk for Developing Long COVID?

These are examples and not a comprehensive list of people or groups who might be more at risk than other groups for developing Long COVID: People who have experienced more severe COVID-19 sickness, **especially individuals who were hospitalized, people who had underlying health conditions prior to becoming infected with COVID-19, and people who did not receive the COVID-19 vaccine.** Health inequities may put some people from racial or ethnic groups and some people with disabilities at greater risk for developing Long COVID.

Preventing Long COVID With Vaccines

The best way to prevent Long COVID is to protect yourself and others from becoming infected. For people who are eligible, the CDC recommends staying up to date on COVID-19 vaccination along with improving ventilation, getting tested for COVID-19 if needed, and seeking treatment for COVID-19 if eligible. Additional preventative measures include avoiding close contact with people who have a confirmed or suspected COVID-19 illness and washing hands or using alcohol-based hand sanitizer. Research suggests that people who get a COVID-19 infection after vaccination are less likely to report Long COVID symptoms compared to people who are unvaccinated.

“**Long COVID is a huge burden - it’s the thing I worry about the most. I’ve seen young, healthy people with Long COVID symptoms that can be debilitating and it’s one of my primary reasons to try and protect myself from COVID.**”

-Dr. Anuj Mehta, Pulmonary and Critical Care Physician, Denver Health and Hospital Authority



Scan to learn more about Long COVID-19 from the CDC!

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