

Are You Experiencing Long COVID?

(aka post-COVID syndrome or PASC)

If four weeks after your initial COVID-19 infection you're having new or continuing COVID-19 symptoms, you may be experiencing Long COVID.

Fatigue.

Constantly feeling fatigued? This could be a continuing response to the virus that causes COVID-19.



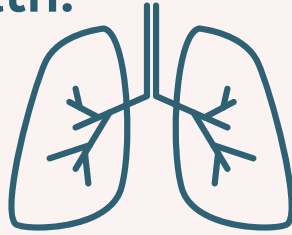
Brain Fog.

Another common symptom of Long COVID is difficulty concentrating, keeping up with conversations, multitasking, losing trains of thought. Overall, having difficulties with memory.



Shortness of Breath.

Feeling out of breath or "breathless" is another symptom that can persist whether walking up stairs, going for a walk, etc.



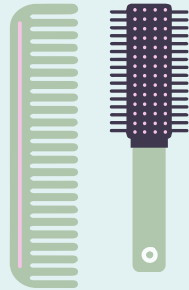
Cough.

Whether dry or containing mucus (phlegm), cough is another classic symptom of Long COVID.



Hair Loss.

Noticeable hair loss? This could be due to the physical and emotional stress that comes with a case of COVID-19, leading to a reversible hair loss condition called "Telogen effluvium."



Mood Disorder.

Feeling unwell can have an impact on your mental health. Experiencing mood changes? This can include new or worsening anxiety, depression, and attention disorder, and is another common symptom of Long COVID.



Additional symptoms may include sleep disorder, chest pain, palpitations, loss of taste or smell, joint pain, dizziness, etc.

For more information or to seek treatment, talk to
BMC's ReCOVER Long COVID Clinic:

617-414-4290

www.bmc.org/infectious-diseases/recover-long-covid-clinic