

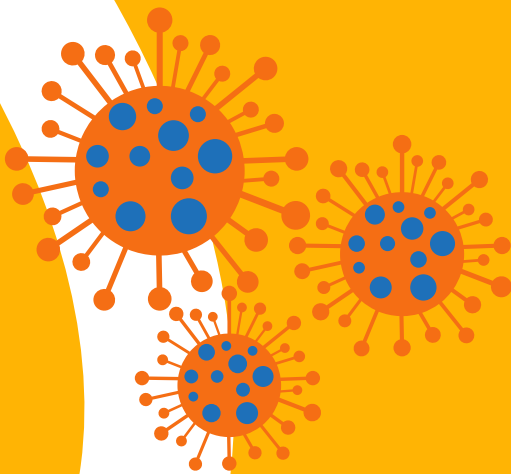
The Journey to Understanding Long COVID

What is Long COVID?

Long COVID affects individuals for weeks, months, or even longer after the initial COVID-19 infection. The symptoms may:

- vary by each person
- start soon after the initial infection or after recovery from the infection
- be different than symptoms of COVID-19
- come and go, or/and go away with time

*Even if you do not experience any symptoms when you first get COVID-19, you can still experience Long COVID symptoms later



Common Symptoms:

- Fatigue
- Trouble breathing
- Brain Fog (Trouble thinking)
- Fast-beating or pounding heart
- Trouble sleeping
- Headache
- Fever
- Feeling anxious or depressed

*If you think you might have Long COVID, please consult with your health care provider

For more information,
check out:

