

# COVID-19 VACCINE SUPPORT

## LONG COVID SYMPTOMS



Since the pandemic's beginning, we've been primarily concerned with looking for positive signs and symptoms of COVID-19 infection to limit the spread of the virus. While we've been aware of the short-term effects of COVID-19, we're finally beginning to see the long-term effects of the virus on those infected then and now. These long-term effects are known as the following: post-COVID conditions (PCC), long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), long-term effects of COVID, and chronic COVID.

### LONG COVID INFORMATION TO KNOW

- Long Covid condition can range in chronic health problems lasting weeks or much longer regardless of how severe the COVID-19 symptoms.
- Unvaccinated people who catch COVID-19 are more likely or at higher risk of developing long COVID-19 symptoms than those vaccinated with breakthrough infections.
- There is no test to diagnose long COVID conditions because people's symptoms may come with or due to other health problems.

### LONG COVID SYMPTOMS

#### General symptoms

- Chronic tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort
- Fever

#### Respiratory and heart symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (also known as heart palpitations)

#### Neurological symptoms

- Difficulty thinking or concentrating
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

#### Other symptoms

- Joint or muscle pain
- Rash
- Changes in menstrual cycles
- Autoimmune illness
- Stomach pain

As we learn more about the harmful effects of long COVID, it's more important than ever to protect yourself and others from getting infected.

### CONTACT US

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