

Long COVID WHAT YOU SHOULD KNOW.

Long COVID is when COVID-19 causes health problems that last more than a month.

You can get Long COVID even if you weren't very sick with COVID in the first place!

symptoms may start after you recover.

Long COVID symptoms can be similar to the original symptoms of COVID-19...

Cough

Difficulty breathing

Headache, chest pain, or muscle pain

Fatigue

...or they can be completely different.

Trouble thinking or remembering things

Dizziness

Pounding heart

Anxiety or depression

trouble sleeping

the symptoms may get worse after you work hard!

