Long COVID symptoms can be similar to the original symptoms of COVID-19... or they can be completely different.

- Cough
- Headache, chest pain, or muscle pain
- Difficulty breathing
- Fatigue
- Anxiety or depression
- Trouble thinking or remembering things
- Dizziness
- Pounding heart
- Trouble sleeping

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

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

symptoms may start after you recover.

the symptoms may get worse after you work hard!