

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

Headache, chest pain, or muscle pain

Difficulty breathing

Fatigue

...or they can be completely different.

Anxiety or depression

Trouble thinking or remembering things

Dizziness

trouble sleeping

Pounding heart

the symptoms may get worse after you work hard!

