What You Need To Know About

Long COVID-19

Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions.

WHAT is Long COVID-19?

- After their COVID-19 illness, some people experience returning illness, recurring health problems, or a range of new symptoms four or more weeks after having the COVID-19 infection.
- This is referred to as post-COVID conditions, long COVID, or other names. Individuals with these conditions are sometimes called “long-haulers.”

WHY are experts concerned? Why should we be concerned?

- As of July 2021, “long COVID” is considered a disability under the Americans with Disabilities Act (ADA).
- Symptoms of post-COVID conditions can vary dramatically from person-to-person, but may include one or more of the following:
  - Difficulty breathing or shortness of breath
  - Tiredness or fatigue
  - Symptoms that get worse after physical or mental activities (also known as post-exertional malaise)
  - Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
  - Cough
  - Chest or stomach pain
  - Headache
  - Joint or muscle pain
  - Fast-beating or pounding heart (also known as heart palpitations)
  - Pins-and-needles feeling
  - Diarrhea
  - Sleep Problems
  - Fever
  - Dizziness on Standing (lightheadedness)
  - Rash
  - Mood changes, anxiety, depression
  - Change in smell or taste
  - Changes in menstrual period cycles

WHO is at greatest risk?

- Anyone who had COVID-19 can develop post-COVID conditions, including people who had COVID-19 with no symptoms or very mild symptoms.
- Long COVID-19 can and does happen to people in any age group. Centers for Disease Control and Prevention (CDC) and partners are working to understand more about who gets post-COVID conditions. They also are learning why some people may be at higher risk for getting long COVID-19.

HOW can I protect myself and my family?

- The best way to prevent long COVID is by taking precautions to prevent getting COVID-19 infection. This includes getting the COVID-19 vaccine and booster; wearing a face mask that has good fit and filtration, like an N95, KF94, or KN95; and keeping distance from others, who are not household members.
- Learn more about long COVID by reading the California Department of Public Health (CDPH) Long COVID Questions and Answers or listening to the stories of others with the Voices of Long COVID toolkit.

WHERE can I get vaccinated?

- Please visit Coronavirus-SD.com/Vaccine or call 2-1-1 to find a location nearest you.

For more information on COVID-19 vaccines, please visit: coronavirus-sd.com/vaccine