What You Need To Know About
Long COVID

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

WHAT is Long COVID?

- Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as Long COVID or Post-COVID Conditions.
- Long COVID can first be identified when a person has symptoms for at least 4 weeks after the COVID-19 infection.

WHY are experts concerned? Why should we be concerned?

- In July 2021, Long COVID was added as a condition that could result in **a disability under the Americans with Disabilities Act (ADA)**.
- Symptoms of Long COVID can vary from person-to-person. People who experience Long COVID commonly report:

  - Tiredness or fatigue that interferes with daily life
  - Symptoms that get worse after physical or mental effort
  - Fever
  - Difficulty breathing or shortness of breath
  - Cough
  - Chest pain
  - Fast-beating or pounding heart (also known as heart palpitations)
  - Difficulty thinking or concentrating (sometimes referred to as "brain fog")
  - Headache
  - Sleep problems
  - Dizziness when you stand up (lightheadedness)
  - Pins-and-needles feeling
  - Change in smell or taste
  - Depression or anxiety
  - Diarrhea
  - Stomach pain
  - Joint or muscle pain
  - Rash
  - Changes in menstrual period cycles

WHO is at greatest risk?

- Anyone who had COVID-19 can develop Long COVID, including people who had COVID-19 with mild or no symptoms. Some people may be more at-risk for developing Long COVID, including people who:

  - Have experienced more severe COVID-19 illness.
  - Had underlying health conditions prior to COVID-19.
  - Did not get a COVID-19 vaccine.

HOW can I protect myself and my family?

- The best way to prevent long COVID is to protect yourself and others from becoming infected, including:

  - Staying up-to-date with COVID-19 vaccines.
  - Improving ventilation.
  - Getting tested for COVID-19, if needed.
  - Seeking treatment for COVID-19, if eligible.
  - Avoiding close contact with people who have suspected or confirmed COVID-19.
  - Washing hands or using alcohol-based hand sanitizer.

WHERE can I get vaccinated?

- Please visit MyTurn.ca.gov, talk to your healthcare provider, or call 2-1-1 to find a location nearest you.

For more information on COVID-19 vaccines, please visit:
coronavirus-sd.com/vaccine 11-27-2023

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