

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.



BE COVIDSAFE ✓

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](https://coronavirus-sd.com/Vaccine) or call [2-1-1](tel:211) to find a location nearest you.

For more information on COVID-19 vaccines, please visit:

coronavirus-sd.com/vaccine



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