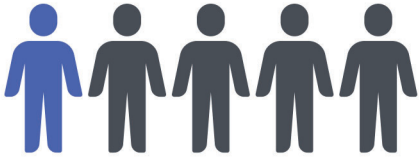


# Long COVID

## What is Long COVID?

Some people who have had COVID experience long-term effects. The World Health Organization defines Long COVID as still having symptoms related to COVID-19 for 3 months or longer after a COVID-19 infection. Most symptoms improve slowly over time. See common Long COVID symptoms on the next page.

## How common is Long COVID?



The CDC estimates that about 1 in 5 adults develops Long COVID. There is no test to diagnose Long COVID and healthcare providers will want to be sure that symptoms aren't due to other health conditions. Long COVID is more common in adults, but children can have it too.

## Who is more likely to have Long COVID?

Studies show that some groups of people may be more likely to have Long COVID. While this is not a complete list, the CDC provides examples of people or groups who might be more at risk for developing Long COVID:



People who got very sick from COVID, especially those who were hospitalized or needed intensive care.



People who did not get a COVID-19 vaccine.



People who had underlying health conditions before getting COVID.



People who experience multisystem inflammatory syndrome (MIS) during or after having COVID-19.

## How can I prevent Long COVID?

Staying up-to-date with COVID-19 vaccines helps prevent COVID and getting very sick from COVID. Research suggests that people who are vaccinated and who get COVID are less likely to report having long COVID symptoms compared to people who are unvaccinated. The best way to prevent Long COVID is to protect yourself from getting COVID.



**Stay up-to-date with vaccines**



**Wear a mask**



**Social distance**

## Living with Long COVID.

Living with Long COVID can be hard especially when there are no immediate answers or solutions. However, people experiencing Long COVID can work with healthcare providers to come up with a medical management plan specifically for them and may also consider reaching out for professional mental and emotional support. Taking these steps may improve symptoms and quality of life.

**For more information, visit [cv.nmhealth.org/long-covid](https://cv.nmhealth.org/long-covid)**

# LONG COVID SYMPTOMS

People with Long COVID have had COVID-19 and still have symptoms that can't be explained by another diagnosis for 3 months or longer after being infected. Most patients' symptoms slowly improve over time.

## Mental Health Symptoms

- Anxiety
- Depression

## Neurological Symptoms

- Difficulty thinking or concentrating (“brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Numbing or pins-and-needles feelings
- Change in smell or taste

## Lung and Heart Symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (heart palpitations)

## Musculoskeletal Symptoms

- Joint pain
- Muscle pain

## Digestive Symptoms

- Diarrhea
- Stomach pain

## Skin Symptoms

- Rash

## Other Symptoms

- Fever
- Tiredness or fatigue that interferes with daily life
- Changes in menstrual cycles
- Symptoms that get worse after physical or mental effort