

What is Long COVID?

Sometimes sickness can linger. For example, if you have a common cold that results in a cough lasting more than a month, it might need attention.

Symptoms of COVID-19 that last three months or longer might be long COVID. Long COVID affects people differently. These symptoms can also be signs of other illnesses, so it is important not to assume your symptoms are from COVID-19. Tell your health care providers about your concerns with any ongoing or new symptoms. This can help them treat you and rule out other illnesses.

How Can I Avoid Long COVID?

Current research shows that long COVID affects older people more than younger people, and unvaccinated more than vaccinated people. The best way to avoid long COVID is to not get the virus at all. Preventing COVID-19 infections and long COVID is dependent on staying up to date with vaccines and protecting yourself from the virus. If you do get the virus, studies have shown that being up to date—having all the vaccinations you are due for—decreases the risk of getting long COVID and reduces the number and severity of symptoms.



Long COVID Basics | CDC

Symptoms of Long COVID



Fatigue



Elevated heart rate



Loss of smell and/or taste



Kidney failure



Neurological effects, headache



Problems with attention, concentration, language and memory



Shortness of breath



Muscle and joint pain, weakness



Sleep disruptions



Heart conditions



Blood clots, including pulmonary embolism