

LONG COVID IN OUR COMMUNITIES



What is Long COVID?

People with Long COVID have symptoms even after they recover from COVID-19 infection. Health problems from Long COVID can last for weeks or months.

Who can get Long COVID?

Even people who had mild or no symptoms when infected with COVID-19 can experience Long COVID.

You may be at a higher risk of developing Long COVID if you:



Went to the hospital with COVID-19



Did not get a COVID-19 vaccine



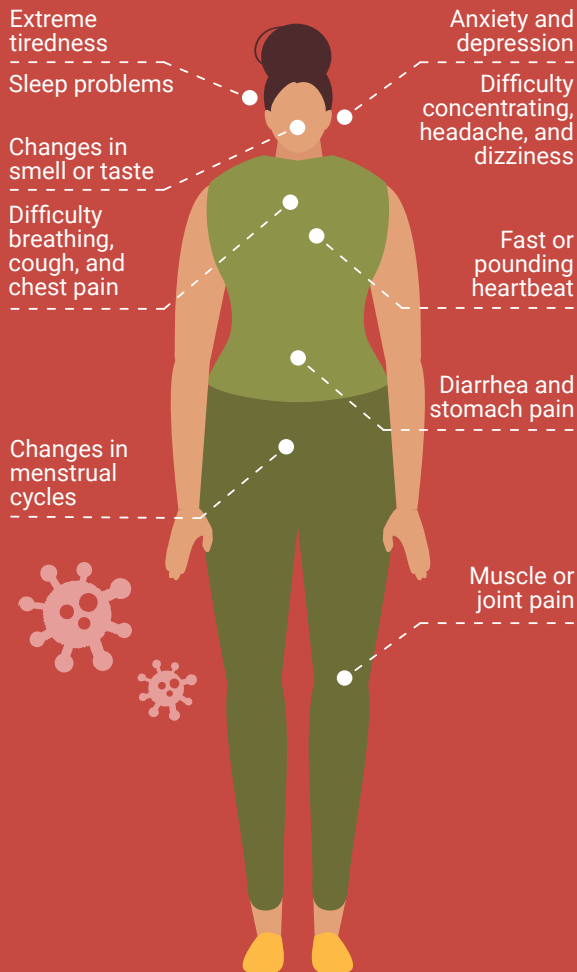
Have a disability



Have a long-term health condition such as diabetes, heart disease, or lung disease

Up to 23 million Americans have Long COVID

The most common Long COVID symptoms are:



How do I prevent Long COVID?

The best way to prevent Long COVID is to protect yourself from getting COVID-19.

Get vaccinated and stay up to date with boosters.

Research shows that people who are vaccinated are less likely to get Long COVID than people who are not vaccinated.

What should I do if I have Long COVID?

Talk to your doctor. They may recommend:

- Physical therapy
- Breathing exercises
- Over-the-counter medication

If your symptoms make daily activities challenging, you may have a legal right to adjust your work or school environments under the Americans with Disabilities Act (ADA). Learn more at ada.gov.

Get tips on how to prepare for your doctor appointment at: cdc.gov/coronavirus/2019-ncov/long-term-effects/



You can join the search for answers about Long COVID by volunteering for a research study. Find a study site near you at studies.recovercovid.org.

GET IN TOUCH



877-904-5097



COVID-Resources.org

