

# What is Long COVID?

Long COVID is a range of health problems that some people have after having COVID-19.

If you recovered from COVID-19 but are still feeling symptoms, you might have Long COVID.

There are many health problems associated with Long COVID. They can start up to six months after you recover from COVID-19 and last months and even years after diagnosis.

## People who experience Long COVID often feel:

### General

Tiredness or fatigue, fever, symptoms that get worse after physical or mental effort

### Respiratory and Heart

Coughing, shortness of breath, chest pain, fast-beating heart (heart palpitations)

### Other

Joint or muscle pain, rash, changes in menstrual cycles

### Neurological

Difficulty thinking or concentrating, headaches, sleep problems, pins-and-needles, dizziness, depression, anxiety

### Digestive

Diarrhea, stomach pain

**These symptoms can be difficult to diagnose, explain, and manage.**

## Long COVID FAQs

### Who can get Long COVID?

Anyone who gets COVID-19 can have Long COVID symptoms. It is more common in people who experienced severe COVID-19 illness.

### How is Long COVID diagnosed?

There is no test to find out if someone has Long COVID. A provider will look at health history, including a past COVID-19 diagnosis, and do a health examination.

### Do vaccines help prevent Long COVID?

Research suggests that people who are vaccinated are less likely to report Long COVID than people who are unvaccinated.

**There are currently no specific treatments for Long COVID.**

However, healthcare providers can create a "personal medical management plan" including medication, consulting with specialists, physical therapy, counseling.

These can help to improve symptoms and quality of life.

