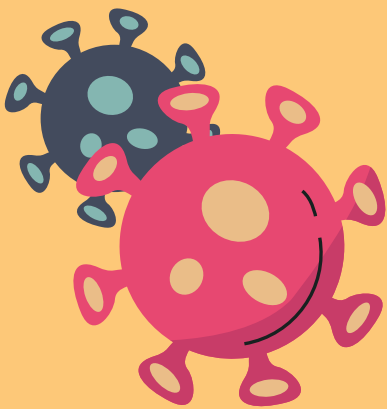




## Long COVID

# WHAT DO I NEED TO KNOW ABOUT LONG COVID?



Long COVID is when symptoms last weeks or months after a person first gets sick with COVID-19. In some cases, symptoms suddenly appear weeks after having a positive COVID test or being sick. Long COVID can happen to anyone who has had COVID-19.



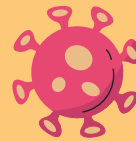
Learn more at:  
[www.nyceal.org](http://www.nyceal.org)



## What are the symptoms of Long COVID?

Long COVID does not affect everyone the same way. There is no specific test to diagnose Long COVID. To find out if you have Long COVID, talk to your provider. The symptoms may affect different parts of the body, for example:

- General symptoms, such as fatigue and fever
- Respiratory symptoms, such as trouble breathing and cough
- Heart symptoms, such as chest pain and palpitations
- Neurologic symptoms such as trouble thinking and concentrating ("brain fog"), headaches, and sleep problems
- Digestive symptoms such as diarrhea and stomach pain



## Is there any treatment for Long COVID?



There is no specific treatment for Long COVID yet. You and your health care provider can work together to create a personal care plan to manage your symptoms and improve your quality of life.

## How to avoid Long COVID?

The best way to avoid Long COVID is to take steps to avoid getting COVID-19 in the first place:

- Get vaccinated for COVID-19
  - Find vaccine sites in NYC: <https://vaccinefinder.nyc.gov/>
- Wear a mask, especially when you are inside around a lot of people
- Wash your hands

