

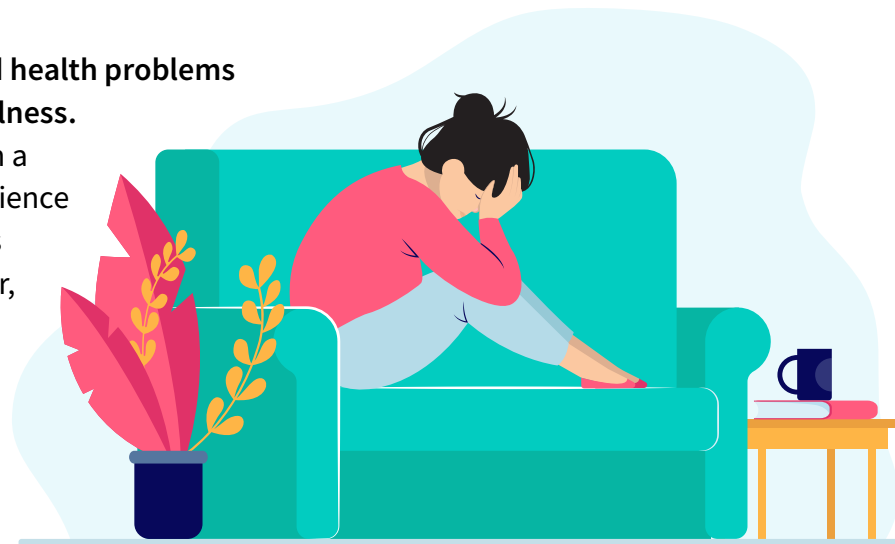
What is Long COVID?



What is long COVID?

New, returning, or ongoing symptoms and health problems in the weeks or months after a COVID-19 illness.

While most people with COVID-19 recover in a few days or weeks, some people may experience these post-COVID conditions. How the virus causes post-COVID conditions is still unclear, but research is happening to understand more. **People with post-COVID conditions are no longer infectious.**



Who can develop long COVID?

- Adults
- Children
- People who had a mild or asymptomatic COVID-19 illness

Anyone can develop long COVID after having COVID-19.

How can I prevent long COVID?

The best way to avoid long COVID, is to avoid getting COVID in the first place, like from vaccination and masking. There is also evidence that vaccinated people who get COVID-19 are less likely to have post-COVID conditions.

What are the treatment options?

There is no specific cure for long COVID, but there may be treatments that can help you feel better. If you have symptoms of long COVID, see a health care provider and check out important resources at cdph.ca.gov/longcovid.

Common symptoms include, but are not limited to, any combination of:

- Trouble breathing
- Chronic pain
- Rash
- Cough
- Fast heartbeat
- Stomach pain
- Fatigue
- Trouble focusing
- Forgetfulness
- Headaches
- Dizziness
- Mood changes
- Change in smell/taste
- Menstrual changes
- Vomiting
- Diarrhea



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