

Your Long COVID symptoms are real, and you're not alone.

What is Long COVID?

- It's a chronic condition that can greatly impact your daily life and even become disabling. Millions of people across the country are living with Long COVID.
- Anyone who has had COVID-19 can develop Long COVID, usually within three months after the infection.
- The signs can change over time, be hard to describe or resemble other illnesses.
- While COVID-19 is contagious, Long COVID is not.

What does Long COVID feel like?

Long COVID shows up differently for everyone, but some of the most common symptoms are:

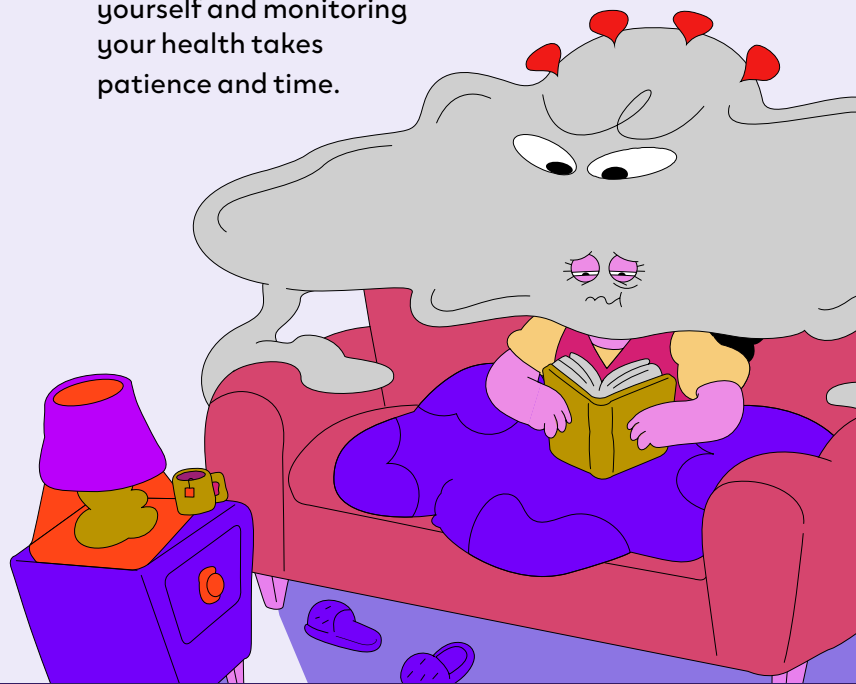
- **Extreme fatigue.** Small things can take up all your physical and mental energy for days.
- **Brain fog.** Your brain can feel scattered, foggy and unfocused. You may have trouble remembering words or have a hard time completing simple tasks.
- **Cough and chest pains.** You're coughing a lot and it won't go away. You often have chest pains or trouble breathing.
- **Changes to smell or taste.** You sometimes can't smell or taste anything, or things don't smell or taste normal.
- **Feeling feverish.** You have fever, chills, general aches and pains, often lasting for a while. Symptoms get worse after mental or physical effort or change in temperature.

There are many more symptoms, including fast or irregular heartbeat, feeling like you might pass out, headaches, stomach pains, joint and muscle pain, depression and menstrual cycle changes.

Once you recognize and understand your symptoms, talk with a health care provider to determine if it's Long COVID.

How can I manage my symptoms?

- Follow up with your doctor regularly to manage changes in symptoms. They can help you rule out other conditions and illnesses that have similar symptoms to Long COVID. With a diagnosis, you may also have access to disability benefits and job protections.
- Pace your daily activities based on your energy levels.
- Talk to people in your life about how you have been feeling and how they can support you.
- Remember that taking care of yourself and monitoring your health takes patience and time.



To learn more, visit
doh.wa.gov/long-covid

