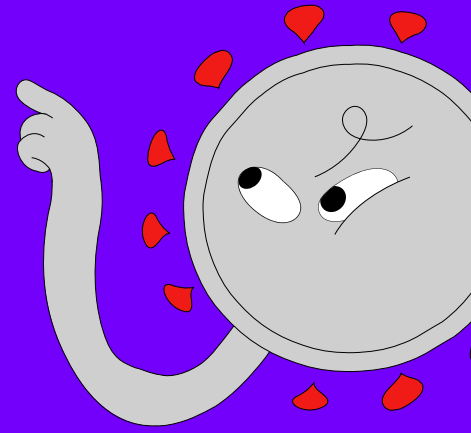


# What you should know about Long COVID.

As a provider, you play an important role in helping patients understand that Long COVID is real.



## Long COVID is a chronic condition that has impacted millions of adults and children in the U.S.

- In Washington alone, **nearly 400,000 people** have reported Long COVID symptoms. That's more than 6% of adults in the state.
- **20-30%** of those people say Long COVID has greatly **limited their daily activities**.
- Those most impacted are:
  - Women
  - People aged 35-49
  - Hispanic people
  - People living in rural areas

## Long COVID is still being researched, and much is still unknown about it, making it difficult to diagnose and treat.

- Because many Long COVID symptoms resemble other diseases and conditions, **people living with it are often misdiagnosed**.
- Many people living with Long COVID have had their **signs and symptoms dismissed or not taken seriously**.
- Often, **they have been called lazy** or told their condition is psychosomatic when it affects their daily routines and energy levels.

## While COVID-19 is contagious, Long COVID is not.

- Long COVID symptoms **typically last three months or longer** after an initial COVID-19 infection. They can persist or come and go. In some cases, symptoms can lead to disability.

## The best way to prevent Long COVID is to not get COVID-19.

- **Anyone who has had COVID-19 can develop Long COVID**, and each time a person contracts COVID-19, their risk of later developing Long COVID increases.
- Staying **up to date on COVID-19 vaccines** is the best way to reduce the risk of Long COVID, as well as practicing physical distancing and masking if around someone who is sick with COVID-19.

## How you can help patients who may have Long COVID:

- Listen carefully and ask follow-up questions.
- Believe patients and take their symptoms seriously.
- Recognize and validate their experiences.
- Offer support and encouragement, and help guide them through the next steps in care.



Learn more about Long COVID at [doh.wa.gov/long-covid-providers](https://doh.wa.gov/long-covid-providers)

