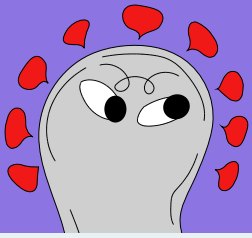


# How to talk about Long COVID

Long COVID is a real condition that affects millions across the country. Talking about it means sharing clear information in a positive, non-judgmental way.



## Here's how you might respond to common questions about Long COVID and start a productive conversation.

### Q: What is Long COVID?

**A:** It's a chronic illness that can last for months or longer. In some cases, it can be disabling. Symptoms of Long COVID are different for everyone, but many people say it makes them feel unlike themselves or generally unwell.

### Q: Who can get it?

**A:** If you've had COVID-19, you can develop Long COVID within three months of last having COVID-19. The symptoms can get worse during that time, and they can come and go. Staying up to date on vaccines and distancing from people who are sick with COVID-19 are important ways to reduce the risk of infection.

### Q: What does Long COVID feel like?

**A:** It's different for everyone. Long COVID can make you tired and achy a lot of the time. It can make your brain feel foggy and unfocused. It can give you a cough and breathing problems that don't seem to go away. There are many more symptoms, including fast heartbeat, lightheadedness and depression or anxiety.

### Q: How can someone get diagnosed?

**A:** Long COVID may be difficult to diagnose. It's best to talk to your health care provider and explain how you're feeling. It may take more than one appointment, but they can help you rule out other conditions or illnesses. Diagnosis is important because people may become eligible for disability benefits or job protections after being diagnosed with Long COVID.

### Q: How do I care for someone living with Long COVID?

**A:** When someone is living with Long COVID, they want to know their feelings are recognized and they have support. Being patient and encouraging goes a long way. Remember that their symptoms may change and not look the same from day to day.

### Q: What's next?

**A:** A doctor or other health care professional can recommend ways that people can manage their symptoms, which might include exercise, symptom tracking, group support or referrals to specialists.



Want to learn more about Long COVID and how to manage symptoms? Visit [doh.wa.gov/long-covid](https://doh.wa.gov/long-covid)

