

# Long COVID is real.

And living with it  
can be a real pain.

Everyone's symptoms show up differently, but there are ways to make Long COVID a little more manageable.

**If little things make you tired,** pace your day around your energy level.

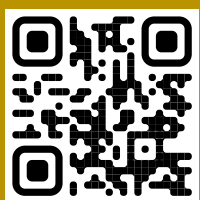
**If you get winded easily,** breathing exercises can help.

**If you have aches and pains,** low-intensity workouts can soothe muscles and joints.

**If your brain feels foggy,** break down activities step by step to avoid getting overwhelmed.

**If you need support,** talk to people in your life about how you're feeling and how they can help.

Understanding your symptoms and getting diagnosed with Long COVID can help you get support.



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

