

Those symptoms affecting your life are real, and they may be Long COVID.

You're not alone. Understanding the signs and symptoms of Long COVID is the first step to getting support and managing them.

Long COVID feels different for everyone, but common symptoms include:

- Small tasks drain your physical and mental energy for days
- A scattered, foggy and unfocused brain
- Chest pains, trouble breathing or a lasting cough
- Changes in your smell or taste
- Fever, chills or body aches that get worse after activity

Other symptoms include:

- Fast or irregular heartbeat
- Stomach pains
- Lightheadedness or dizziness
- Joint and muscle pain
- Headaches
- Menstrual cycle changes

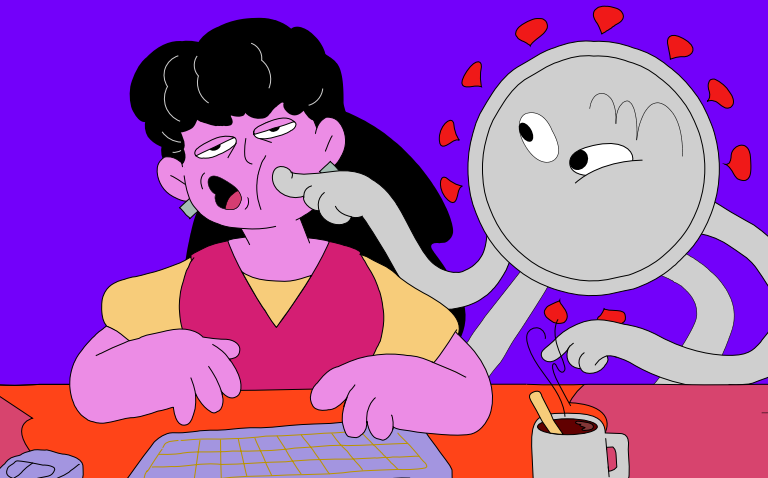


Knowing your symptoms can help you manage them.

- **Talk with your doctor or health care provider** to track changes, get a diagnosis, and learn about treatment options. A Long COVID diagnosis may also help you get disability benefits or job protections.
- **Pace your daily activities** based on your energy levels.
- **Talk to people you trust** about how you feel and how they can help you. Consider joining a support group to help you feel less alone.
- **Be kind to yourself.** It's normal to feel frustrated or confused when you don't feel like yourself. Taking care of your health takes time and patience. You are not alone.



Learn more at
doh.wa.gov/long-covid



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