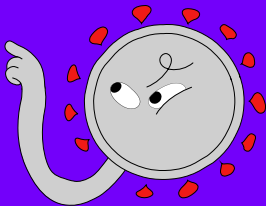


# Long COVID is real.

It's not your imagination,  
and you're not alone.



DOH170-062 May 2026 English

Long COVID is different for everyone. Recognizing the symptoms can help you manage your condition.

### **Common signs and symptoms include:**

- Chronic fatigue
- Fast or irregular heartbeat
- Brain fog
- Lightheadedness or dizziness
- Headaches
- Changes in taste and smell
- Stomach pains
- Fever, chills, aches and pains
- Menstrual changes
- Chest pain, breathing trouble and coughing

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