

STILL FEEL UNWELL AFTER COVID-19? HERE'S WHAT YOU NEED TO KNOW ABOUT LONG COVID.



LONG COVID ESSENTIALS: A SERIES BY The Sick Times × **LONG COVID JUSTICE**

If you still feel sick or unwell weeks or months after getting COVID-19, you are not alone. COVID-19 [can lead to a disease called Long COVID](#) that has over 200 symptoms. It can affect every part of the body. People in all age groups, from children to older adults, can get Long COVID.

For some people, their symptoms never resolve after getting infected. Others develop the disease weeks or months later. These symptoms can happen even if you never felt very sick during your initial COVID-19 case or if you never tested positive. That can make them hard to recognize. Here's what you need to know:

* COMMON SYMPTOMS OF LONG COVID

- Fatigue (tiredness, weakness, or heaviness)
- Headaches
- Problems concentrating, thinking, or remembering (sometimes called “brain fog”)
- Dizziness when standing or sitting up
- Post exertional malaise (PEM) (profound exhaustion and worse symptoms after even mild physical, emotional, or mental activity)
- Chest pain (*If you have symptoms of a [heart attack](#), which include chest pain and pressure spreading to the arms, back, neck, or jaw, go to the emergency room immediately.*)
- Problems with digestion
- Behavior changes in children (difficulty with school, sports, and social activities)

See other resources in this series for more common symptoms.

Long COVID may look and present differently in each person. Symptoms can appear to resolve before returning. Long COVID is usually noticeable 1 to 3 months after infection. But if you have health issues at any point after COVID-19, you should see a doctor.

CONTINUED →

* TALK TO YOUR DOCTOR OR FIND A LONG COVID CLINIC

Talk to a doctor about your symptoms, your recent COVID-19 case, and your concerns about Long COVID. You can also ask them [to order these tests](#) (page 9-10) or to refer you to a [Long COVID clinic](#). Some Long COVID clinics don't need referrals.

Long COVID can include many health issues. Ask doctors about:

- [Dysautonomia](#) (including postural orthostatic tachycardia syndrome, POTS)
- [Myalgic encephalomyelitis](#), also called chronic fatigue syndrome (ME/CFS)
- Ehlers-Danlos syndrome (hEDS)
- [Mast cell activation syndrome \(MCAS\)](#)
- Diabetes
- High cholesterol
- Heart disease

* RESOURCES FOR YOU

Many people may not be able to see a doctor familiar with Long COVID. But as you wait and look for care, there are a few things you can do:

1. Track your symptoms in a journal or on a free app like [Visible](#).
2. Rest as much as possible and keep your heart rate low.
3. Use a technique called "pacing" where you self-manage your energy. Here's a [helpful guide for adults](#) and [one for children](#).
4. Join a [support group](#) on social media or from a [research center](#).
5. Consider joining a [clinical trial](#) to participate in research on Long COVID.
6. Do all you can to avoid getting COVID-19 again, as it may make symptoms worse or delay recovery.

* RESOURCES FOR YOUR DOCTORS

Long COVID Justice has a great list of [resources that were created especially for doctors](#), which includes information and research related to diagnosing and treating Long COVID and associated diseases.

* **FULL SERIES OF FACTSHEETS WITH LINKED RESOURCES + MORE:**
tiny.cc/LCE or scan the QR code with your phone camera



* **QUESTIONS?** connect@s4hi.org

This series was designed by people living with Long COVID and associated diseases. Each resource sheet has been reviewed by patient and medical experts. This is an informational resource, not medical advice. Publication date: 9/16/2024.