

# Long COVID

Most people with COVID-19 feel better within weeks of getting sick, but some may experience post-COVID conditions. Post-COVID conditions or Long COVID are a range of health problems you can experience four or more weeks after your initial diagnosis of COVID-19.

Long COVID can show up in different ways. You may have new symptoms that you didn't have when you had COVID. Or you may have the same symptoms you had when you had COVID.

You may find that you now have health problems that you didn't have before. Or the health problems you have always had are worse. You may experience a combination of symptoms.

These symptoms can include: difficulty breathing or shortness of breath, difficulty thinking or concentrating, cough, symptoms that get worse after physical or mental activities, chest or stomach pain, fast-beating heart or heart palpitations, joint and muscle pain or fatigue.

If you were very sick with COVID-19, you may experience multi-organ effects which can affect your heart, lung, kidney, skin, and brain functions. Or you may have autoimmune conditions.

Autoimmune conditions happen when your immune system attacks healthy cells in your body by mistake. This can cause swelling or tissue damage in the affected parts of the body.

You may also have health issues related to being treated for COVID-19 in the hospital such as lung-related diseases and severe exhaustion. If you experience any of these symptoms of long COVID, don't ignore them. Work with your healthcare provider to manage your symptoms and find the best treatment plan for you.

Here's what you can do to prevent long term complications from COVID-19. Get vaccinated and boosted, if eligible, always wear a face mask, stay at least six feet away from others in public, stay home if you are feeling sick and wash your hands with soap and water. If soap and water is not available, use hand sanitizer with at least 60% alcohol.

For more information on the long-term effects of COVID-19, go to [cdc.gov](https://www.cdc.gov).