“Long COVID,” “Post COVID Syndrome” or “Post COVID Condition” are all terms used to describe ongoing symptoms that remain four or more weeks after being infected with COVID-19. People who have this condition, frequently called “long haulers,” commonly report experiencing different combinations of the following symptoms:

- Depression, fear and anxiety (mood changes)
- Fever, headaches, dizziness, difficulty concentrating, “brain fog”
- Sinus problems, stuffy nose, loss of smell/taste
- Breathing difficulty, persistent cough
- Chest pains, pounding or racing heart, heart conditions
- Feel tired all the time or tire more easily... May have sleep problems
- Menstrual cycle change
- Diarrhea or stomach pain, loss of appetite, kidney problems
- Skin rash or pins and needle feelings
- Joint or muscle pain throughout the body
- To learn more or to find a Post COVID Care Center (PCCC) in your state go to https://www.survivorcorps.com/pccc

- About 23 million people who had COVID have ongoing symptoms
- If you’ve had COVID-19, talk to your doctor about tests you may need, even if you feel fine