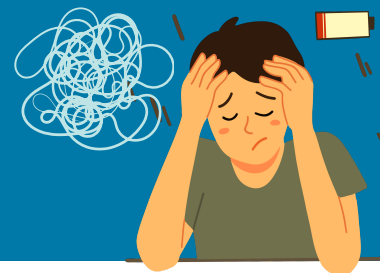


# Long COVID

Learn what Long COVID is, what to do if you have it, and how to help prevent it



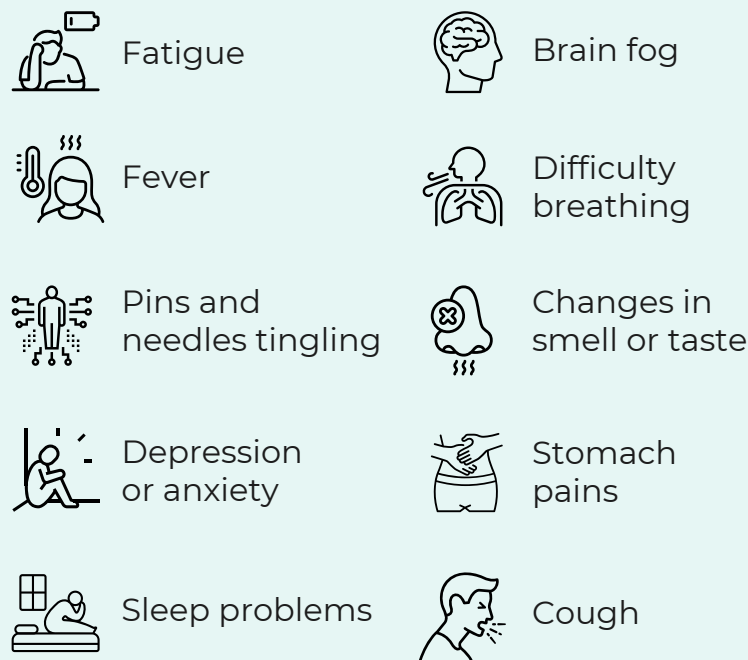
## What is Long COVID?

Long COVID is a condition in which a person is sick many months after getting COVID

### It is more common in people who:

- Did not get the COVID-19 vaccine
- Had health issues before they got COVID-19, like diabetes and obesity
- Were in the hospital due to a very bad case of COVID-19

## Long COVID symptoms include:



## What should I do if I have Long COVID?

- Speak with your doctor about an individual treatment plan to help cope with long COVID. Treatments may include medicine, breathing exercises, or physical therapy.
- Keep track of any symptoms to share with your doctor



If you feel new chest pain, have trouble breathing, have bluish lips, or notice any other signs of a serious problem, call 911 right away

## How can I help prevent Long COVID?

- Stay updated on your COVID-19 vaccines
- Get tested for COVID-19 when sick, if positive, stay away from others for at least 5 days
- Wear a mask in crowded places
- Improve airflow indoors by opening windows. Or, if possible, move indoor activities outside.



Visit our website to find out if you can get a COVID-19 vaccine at no cost through CDC's Bridge Access Program.

 [bit.ly/3QMEI8B](https://bit.ly/3QMEI8B)

