



# LONG COVID EFFECTS

## WHAT YOU NEED TO KNOW

long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), long-term effects of COVID, chronic COVID

Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection. These conditions can last weeks, months, or longer.

## BODY PARTS IMPACTED

- **Brain:** even in young people, the disease can cause strokes, seizures and temporary paralysis
- **Lungs:** damage to the air sacs can result in scar tissue that may lead to long-term breathing problems
- **Stomach and Intestine:** diarrhea, nausea, vomiting
- **Heart:** small clots can block tiny blood vessels in the heart muscle and cause damage, even in people who experienced mild symptoms
- **Legs, Liver and Kidneys:** can be affected by blood clots and weaken blood vessels, potentially leads to long-lasting problems with the liver and kidneys

## SYMPTOMS

### Most Common

- Cough
- Shortness of Breath
- Chest Pain
- Joint Pain
- Fatigue

### Other

- Headache
- Depression
- Muscle pain
- Difficulty thinking and concentrating “brain fog”
- Fast-beating or pounding heart “heart palpitations”
- Intermittent fever

## DID YOU KNOW?

- Long COVID more often effects people who had severe COVID-19 illness, but **anyone** who has been infected with the virus that causes COVID-19 can experience long COVID, even those who had mild illness or no symptoms from COVID-19.
- As of July 2021, “long COVID,” can be considered a disability under the Americans with Disabilities Act (ADA).

## MORE INFORMATION

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects>