LONG COVID EFFECTS

WHAT YOU NEED TO KNOW

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 affects 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