



Feeling Off Since having COVID?

Learn how to identify symptoms of **Long COVID**

Learn how to

- Avoid getting reinfected by:
 - paying attention to ventilation
 - using HEPA air filters
 - wearing good quality masks (KN95 or N95s) during surges and when in crowds

AND

Talk to your Doctor or a Long COVID specialist.

Think you have Long COVID?

You might have Long COVID if...

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- you're constantly exhausted, even after resting
- you're frequently lightheaded or dizzy
- you experience chest pain without exertion
- you struggle with headaches that don't seem to go away
- you've developed ringing in your ears (tinnitus) post-COVID
- you've developed allergies or sensitivities you never had before

What is Long COVID?

How Common is Long COVID?

VERY

You might have Long COVID if...

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Long COVID happens when symptoms linger for longer than 3 months after the initial infection. It can affect anyone—no matter how mild or severe your original case.

- An estimated 400 million people have it worldwide, more than the population of the United States
- 3-10% of infections can cause Long COVID
- Each subsequent infection increases the likelihood of developing Long COVID

- your mind feels fuzzy and you can't concentrate, even after resting
- you're still out of breath doing normal activities like walking or cleaning
- you're dealing with unusual body temperature swings

- your heart races just from standing up or moving lightly
- your joints hurt or ache more than they ever did before COVID
- you can't tolerate exercise like you used to

