

# WHAT IS LONG COVID AND WHAT SHOULD YOU KNOW?

## What is Long COVID?



Long COVID is a wide range of new, returning, or ongoing **health problems that people experience after being infected** with the virus that causes COVID-19. **These health problems can last weeks, months, or years.<sup>1</sup>**



**Anyone who has been infected with the virus that causes COVID-19 can experience Long COVID.** However, some people may be more at risk for developing Long COVID. **People who are at increased risk include those who:<sup>\*</sup>**

- Have experienced more severe COVID-19 illness, especially those who were hospitalized or needed intensive care.
- Have been reinfected with SARS-CoV-2 virus.
- Had underlying health conditions prior to COVID-19.
- Experienced multisystem inflammatory syndrome (MIS) during or after COVID-19 illness.

**\*This is not a comprehensive list of people or groups who may be more at risk than other groups for developing Long COVID.**

## What are some of the common symptoms?



Excessive fatigue or tiredness



Difficulty thinking or concentrating (brain fog)



Headaches



Sleep problems



Joint or muscle pain



Difficulty breathing or shortness of breath



Stomach pain or diarrhea



Fast-beating or pounding heart

This is not a comprehensive list. Symptoms are not listed in any particular order. **For a list of other Long COVID symptoms, please visit:** [www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html)

## What to do if you suspect you have Long COVID:



People with Long COVID can seek care from a healthcare professional. Learn how to prepare for your appointment for Long COVID at the CDC's patient tips page: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/post-covid-appointment/index.html>



Visit **covid19pfizer.com** to receive information on COVID-19 and a vaccine option from Pfizer and BioNTech, and to learn how you can help protect yourself against COVID-19.



**To learn more, visit:** **References:** 1. CDC. Long COVID or Post-COVID Conditions. Updated July 2023. Accessed October 2023. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>; 2. CDC. Long COVID. Updated October 2023. Accessed October 2023. <https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm>.

According to the National Center for Health Statistics Household Pulse Survey for ages 18 years and older, **as of October 2, 2023, an estimated 9% of adults who ever had COVID-19 are currently experiencing Long COVID.<sup>2\*</sup>**

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<sup>\*</sup>As per survey, conducted between September 20 and October 2, 2023.<sup>2</sup>

The US Census Bureau, in collaboration with multiple federal agencies, launched the Household Pulse Survey to produce data on the social and economic impacts of COVID-19 on American households. Error can occur for surveys that are implemented quickly, achieve low response rates, and rely on online responses.

**Stay up to date with your vaccinations.**



According to CDC, vaccination is one of the best ways to help protect against COVID-19, a cause of potential serious outcomes.<sup>1</sup>