



# 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>1\*</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.**









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>

**9%**

<sup>2\*</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.


## What are some of the common symptoms?<sup>1</sup>


-  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>.

**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>