

What You Need to Know About Long COVID

Long COVID is a condition where a person who has had a COVID-19 infection experiences long-term symptoms that last for more than 12 weeks after the infection.

Who is most at risk?

- Texas CARES researchers found that the following factors raised the risk of long COVID for children: **(1)** not being vaccinated; **(2)** having severe symptoms when they were first infected with COVID-19; **(3)** being obese. (*The Pediatric Infectious Disease Journal*)
- Texas CARES researchers also found that the following factors raised the risk of long COVID for adults: **(1)** not being vaccinated; **(2)** having severe symptoms when they were first infected with COVID-19; **(3)** having chronic conditions; **(4)** age. (*Manuscript in preparation*)

What can I do if I think I have long COVID?

- Ask your medical doctor if the symptoms you have been experiencing may be long COVID
- Work with your medical doctor on a plan to manage your ongoing symptoms
- Continue to make and go to appointments with your medical doctor to monitor your symptoms
- Know that you are not alone

Where can I go for updates and more information about COVID-19?



The most up-to-date information on COVID-19 is available at the CDC general webpage: [cdc.gov/COVID19](https://www.cdc.gov/COVID19). **Scan the QR code to the left** to visit the CDC general webpage.

What are the symptoms?



General symptoms

- Tiredness that gets in the way of daily life
- Symptoms that get worse after physical or mental effort
- Fever



Respiratory and heart symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart



Neurological symptoms

- Difficulty thinking or concentrating (“brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety



Digestive symptoms

- Diarrhea
- Stomach pain



Other symptoms

- Changes in menstrual cycles
- Joint or muscle pain
- Rash
- Hair loss