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 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

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. **Scan the QR code to the left** to visit the CDC general webpage.