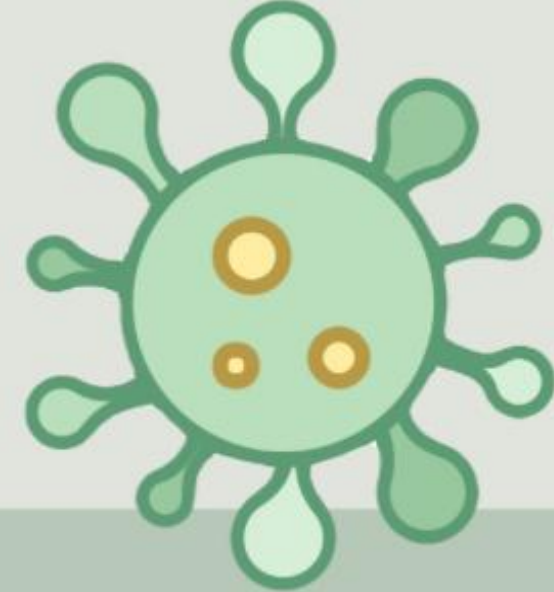


What is **LONG COVID?**

Long COVID is a prolonged effect of infection with COVID-19, where some of the symptoms of the disease continue to develop long-term after the initial infection.



You may be at risk if you:

- experienced severe COVID symptoms or needed intensive care
- are unvaccinated
- had underlying conditions when infected

Symptoms

Persistent fatigue and tiredness, fever, shortness of breath, headache, cough, joint or muscle pain, change in smell or taste, lightheadedness, palpitations

Long COVID can persist anywhere from a few weeks up to years after the initial acute infection

If you are experiencing symptoms, please seek help from a healthcare provider

Prevention

- Stay safe from infection by adopting proper COVID prevention measures
- Get vaccinated against COVID-19

