

# Understanding long COVID

Anyone who has had COVID-19 can be affected. **Long COVID describes long-term effects of the infection, including symptoms that can last for weeks or months after being infected with the COVID-19 virus.**

## STRAIGHT TALK ABOUT COVID-19

### What you need to know

- People who have been infected with COVID-19, **even without symptoms**, could get long COVID.
- If you think you have long COVID, **talk to your healthcare provider.**
- Scientists are learning more about who is likely to get long COVID, how long symptoms last, and **how to treat patients.**

### Long COVID symptoms

People with long COVID have a variety of symptoms, which can include:

- Tiredness or fatigue
- Difficulty thinking or concentrating (“brain fog”)
- Headache
- Loss of smell or taste
- Fast-beating or pounding heart
- Chest pain
- Difficulty breathing or shortness of breath
- Mental health effects

**Get your FREE vaccine!**

**GETTING VACCINATED** for COVID-19 can **prevent hospitalization and severe illness**, including long COVID, especially if you have not already been infected. If you have already had COVID-19 talk to your healthcare provider about when it is safe to be vaccinated.

Learn more at Virginia Department of Health Patient Education ([vdh.virginia.gov/covid-19-vaccine/patient-education/](https://vdh.virginia.gov/covid-19-vaccine/patient-education/))

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