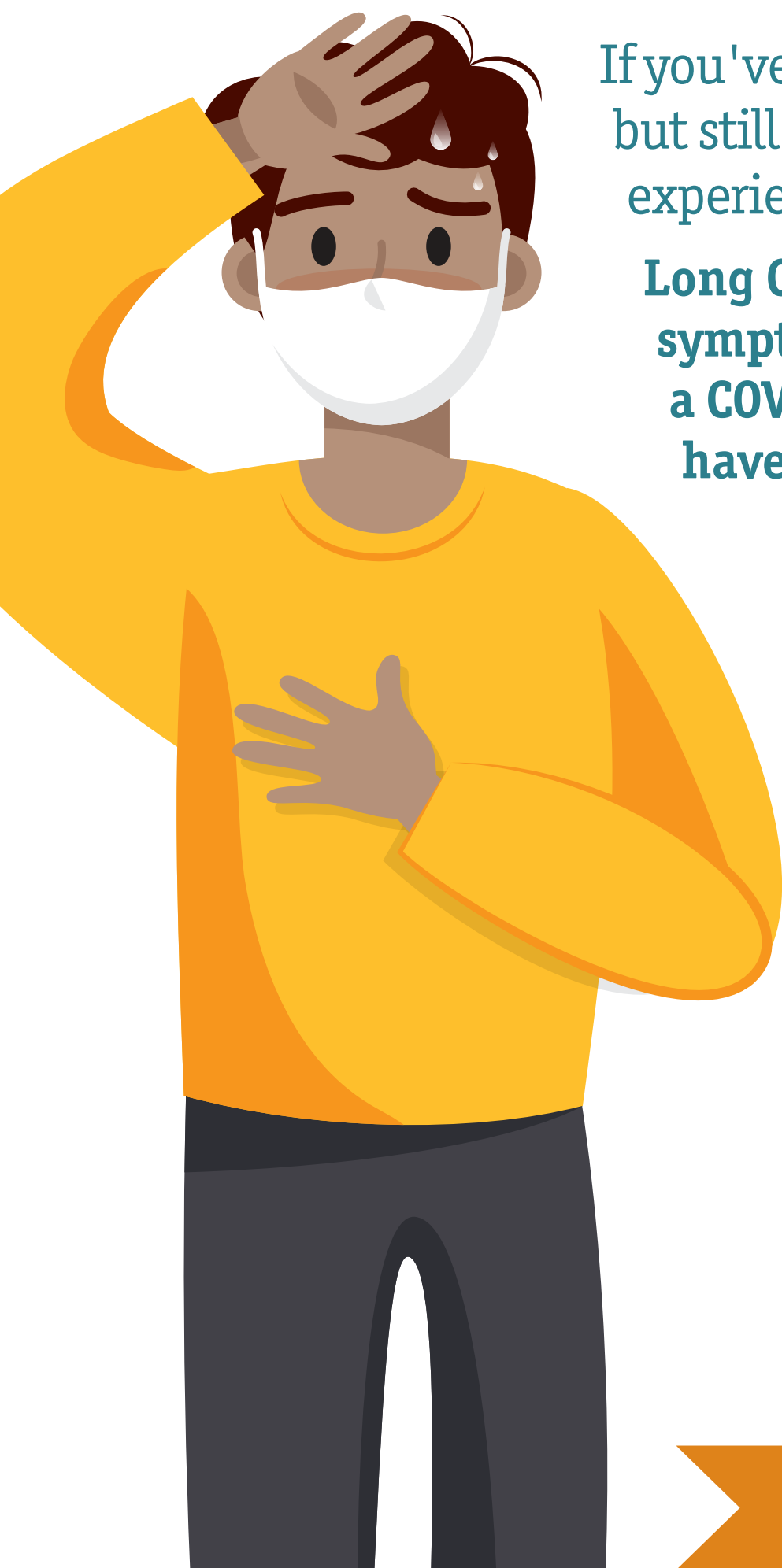
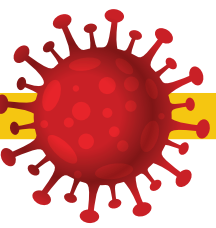


# What's Long COVID?



If you've gotten over an initial COVID-19 infection but still feel unwell or have symptoms, you may be experiencing long COVID.

**Long COVID includes new and ongoing symptoms that last at least 2 months after a COVID-19 infection. These symptoms have no other clear cause.**

## COMMON SYMPTOMS



Unusual tiredness



Headaches or dizziness



Shortness of breath



"Brain fog" (difficulty thinking, focusing)



Cough



Fast, pounding or uneven heartbeat



Trouble sleeping



Chest pain



Feeling worse with activity

Affects about

**1 in 10**

people who've had COVID, including those with mild cases.

Long COVID symptoms can develop weeks or months after someone recovers.

## TALK WITH YOUR HEALTH CARE TEAM

**If symptoms develop, continue, or worsen, together you should review:**

### Your COVID history

- ✓ When you had it
- ✓ If you were fully vaccinated
- ✓ Treatments received, if any, and if you needed hospital care

### Your general health

- ✓ Before COVID
- ✓ Other conditions
- ✓ Fitness and energy levels before and after

### Current symptoms

- ✓ When they started
- ✓ Which are most troubling
- ✓ How they limit what you can do

## Make a plan that might include:

A symptom diary



Blood, imaging or other tests



Medications



A specialist or post-COVID clinic



Gradually being active, as you feel able



Ways to manage stress



Visit **CardioSmart.org/COVID19** to learn more.

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