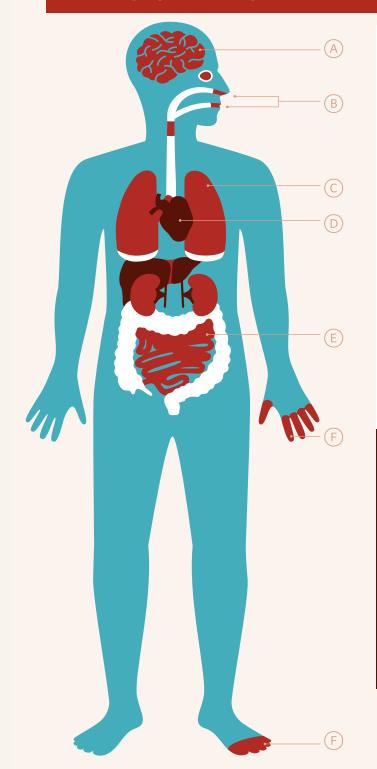# COVID-19 and Long-Term Physical Health: What Community Members Need to Know

While most people get better within weeks of getting sick with COVID-19, some people experience post-COVID symptoms long after they are recovered and can no longer spread the virus. Post-COVID is also referred to as "long COVID" or "long-haul COVID". Post-COVID symptoms can be new, returning or ongoing health problems that occur four or more weeks after becoming sick with COVID.

THE BEST WAY TO PREVENT POST-COVID IS TO GET VACCINATED

LOCATION		SYMPTOM
WHOLE BODY	—	Tiredness, joint or muscle pain, sleep problems, fever, rash, symptoms that get worse after physical or mental activity
BRAIN	A	Difficulty thinking or concentrating ("brain fog"), headache, dizziness, mood changes
NOSE AND TONGUE	B	Change in smell or taste
LUNGS	C	Shortness of breath, cough, difficulty breathing
HEART	D	Chest pain, fast-beating or pounding heart (heart palpitations)
INTESTINES	E	Stomach pain, diarrhea
FEMALE REPRODUCTIVE SYSTEM	—	Change in period cycles
FINGERS AND TOES	F	Pins and needles feeling (showing poor blood circulation)

Post-COVID conditions can happen whether you experience mild or severe COVID-19 disease. We don't know yet why people get post-COVID conditions or how long they can last.

Get vaccinated with all necessary shots to prevent post-COVID conditions and to prevent the spread of new strains of COVID-19. Follow all local guidelines to further protect yourself and others, which may include wearing a mask or avoiding indoor gatherings. If you have any symptoms of COVID-19, get tested as soon as possible.

Effective August 4, 2021
Source: CDC

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