

WHO GETS LONG COVID?

Anyone can get Long COVID. However, some people who may have a higher risk are:

- Those who had a severe case of COVID-19
- Those who were hospitalized due to COVID-19
- Those with a health condition like obesity, diabetes, asthma, or an autoimmune disease
- Those who did not get a COVID-19 vaccine

RESOURCES

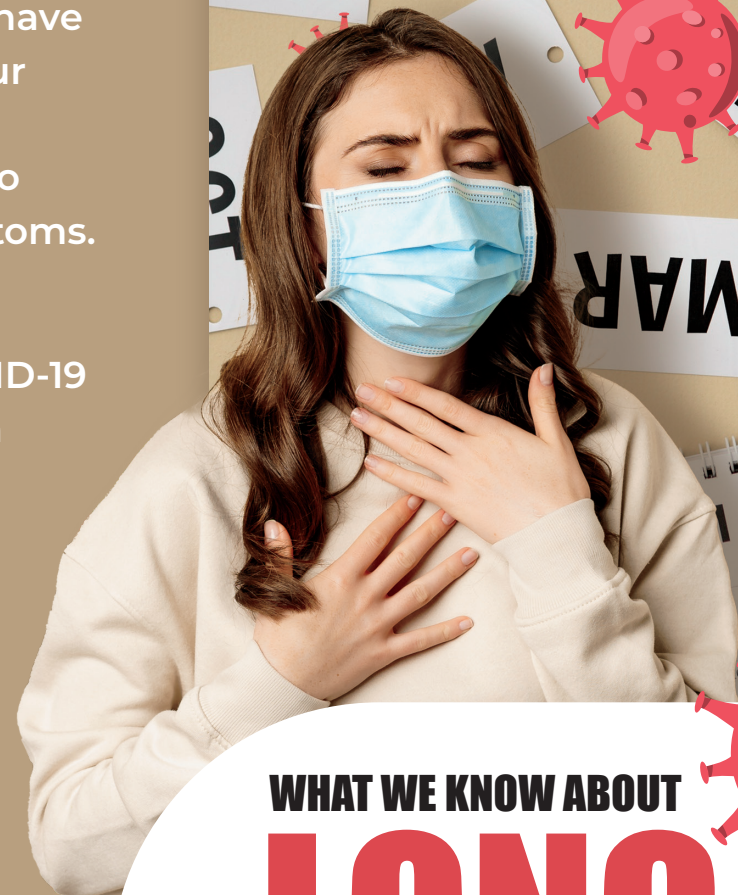
If you think you might have Long COVID, talk to your healthcare provider. Treatment plans exist to manage specific symptoms.

Learn more about COVID-19 and the Vaccine Health Equity Initiative:



bit.ly/NMHEC_VHEI

Information as of: July 2023



WHAT WE KNOW ABOUT

LONG COVID



WHAT IS LONG COVID?



Long COVID is when someone that had COVID-19 continues to have symptoms months or years after getting sick.

WHAT ARE THE SYMPTOMS?

Symptoms* can include:

- Tiredness
- Fever and chills
- Brain fog
- Cough
- Shortness of breath
- Stomach pain
- Chest pain
- Depression or anxiety



*This is NOT a complete list of Long COVID symptoms

HOW CAN I PREVENT LONG COVID?



The best way to protect yourself from getting Long COVID is to not get sick with COVID-19.

You can reduce your chances of getting really sick with COVID-19 by staying up-to-date with your COVID-19 vaccines. There is growing evidence that shows the vaccines may help reduce the risk of Long COVID.