

WHAT IS LONG COVID?

If you had COVID-19 and are still experiencing symptoms or have new health issues that started after your infection, you might have Long COVID.

Common symptoms include:

- ▶ Brain fog, fatigue, trouble remembering things
- ▶ No taste and smell, or food tastes “wrong”
- ▶ Symptoms that get worse with activity, like going for a walk
- ▶ Cough or trouble catching your breathing
- ▶ Heart racing or skipping beats
- ▶ Lightheaded, dizzy, falling down
- ▶ Headaches, blurry vision
- ▶ Anxiety, depression, or trouble sleeping
- ▶ Abdominal pain or constipation

If you have any of these symptoms, be sure to tell your clinician during your appointment.

Still not sure? Scan this QR code



or visit https://www.publichealth.va.gov/n-coronavirus/COVID_19_Response_Reports.asp#LongCovid to learn more.



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