

# Long-Term Effects of COVID-19

Since early in the pandemic, doctors noticed patients having ongoing symptoms after contracting the COVID-19 infection. This is referred to as “long COVID”. It seems to affect all kinds of people, including those with asymptomatic illness (no symptoms) and those who had severe illness. These symptoms may last anywhere from a few weeks to several months and may involve periods of improvement as well as flaring up.

## Some of the commonly reported symptoms of long COVID include:

- Fatigue
- Mild fever
- “Brain fog” which consists of difficulty with attention, memory and dizziness
- Mild chest aches
- Muscle weakness
- Palpitations
- Breathing difficulties
- Mood problems such as depression and anxiety
- Loss or altered sense of smell
- Insomnia

## If you believe you have long COVID:

- Experiencing long COVID can be a stressful and confusing experience. You are not alone.
- If you believe you have long COVID, please speak with your healthcare provider about your symptoms and whether you should take the COVID-19 vaccine.

The Moderna, Pfizer, and Janssen vaccines have mild and temporary side effects, including pain at the injection site, headache, fever, fatigue, chills, and muscle and joint pain. Individuals with severe allergic reactions to other vaccines should consult their doctor in case they may be allergic to a component of the vaccine. They should be observed for 30 minutes following injection rather than the usual 15 minutes. Individuals who carry an EpiPen for their allergies should bring it to their appointment. CDC notes that women who are pregnant or breastfeeding can be presented the option to vaccinate, but first talk to your health care practitioner if you have any concerns about whether you should receive it.



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COVID-19 Resources:

<https://crihb.org/prevention-and-education/public-health/>

