

# Long COVID

## The long and short of it!

Long COVID is a range of symptoms that can last weeks or months after being infected with the virus that causes COVID-19 or can appear weeks after infection. Long COVID can happen to anyone who has had COVID-19, even if the illness was mild, or who had no symptoms. People with long COVID report experiencing different combinations of the following symptoms:



<https://www.telegraph.co.uk>

- Tiredness or fatigue
- Difficulty thinking or concentrating
- Headache
- Loss of smell or taste
- Dizziness on standing
- Palpitations
- Chest pain



- Shortness of breath
- Cough
- Joint or muscle pain
- Depression or anxiety
- Fever
- Symptoms that get worse after physical or mental activities

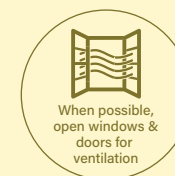


## The best way to prevent these long-term complications is to prevent COVID-19:



- Your body will remind you that it needs time to get its strength back.
- Do not rush, listen to your body! Take it step by step. Keep trying, but be patient.
- Breathing exercises, and yoga asanas, may be tried within your comfort level. Push yourself just that little bit; however, do only what suits you.
- Make sure you are eating a healthy, nourishing diet to help you recover well.
- Follow up with a healthcare provider if you develop new or worsening problems.
- Ask for help from family and friends when you need it.

## COVID Appropriate Behaviour works against the coronavirus and new variants!



When possible, open windows & doors for ventilation

Source: cdc.gov