

# WHO IS MORE LIKELY TO GET LONG COVID?

Anyone who gets COVID can develop Long COVID, but some may be more likely. This includes people who:

- aren't vaccinated against COVID
- get severely ill from COVID, especially if they are hospitalized
- have underlying health conditions
- experience multisystem inflammatory syndrome (MIS) during or after a COVID illness
- have COVID more than once

The best way to prevent Long COVID is to avoid getting COVID and stay up to date with COVID vaccines.



## LOCAL RESOURCES

### Department of Public Health Call Center

(215) 685-5488

[publichealthinfo@phila.gov](mailto:publichealthinfo@phila.gov)

Monday-Friday 8:30AM-6PM

### Find a Health Center Near You

[phila.gov/city-health-centers](https://phila.gov/city-health-centers)

### Primary Care Finder

[phila.gov/primary-care](https://phila.gov/primary-care)

### COVID-19 Public Education Campaign

[wecandothis.hhs.gov](https://wecandothis.hhs.gov)

Visit [phila.gov/covid](https://phila.gov/covid)



## LONG COVID

Most people recover from COVID within a few days or weeks. But many others experience symptoms that appear or continue for many weeks or months. This is known as Long COVID. Anyone who gets COVID can also develop Long COVID.



Department of  
**Public Health**

CITY OF PHILADELPHIA

# COMMON SYMPTOMS

Long COVID may not affect everyone the same way. People may experience a wide range of symptoms.

- Feeling very tired
- Fever
- Cough
- Trouble breathing or shortness of breath
- Aches and pains
- Trouble sleeping
- Brain fog (trouble thinking or remembering things)
- Anxiety or depression
- Loss of smell or change in taste

Some people with Long COVID feel worse after physical activity (like exercising, doing chores, or running errands) or mental activity (like being stressed, driving a car, or reading).



# I THINK I HAVE LONG COVID. WHAT SHOULD I DO?

## SCHEDULE AN APPOINTMENT WITH A HEALTH CARE PROVIDER

There is no test to diagnose Long COVID. Instead, providers try to rule out other causes of your symptoms. Many primary care providers can help you manage Long COVID.

## MONITOR YOUR SYMPTOMS

Leading up to your appointment, keep an **activity and symptom journal**. Note how strong your symptoms are and anything that makes you feel better or worse.

## PRACTICE SELF CARE

- Set realistic goals
- Conserve energy
- Join a support group\*
- Seek support from social services\*



\*See Local Resources on back page

# HOW TO MANAGE YOUR SYMPTOMS

**Aches and pains:** Practice flexibility exercises like stretching, yoga, tai chi, or swimming. Make sure to build up activity gradually and check with your provider before starting any new exercises.

**Brain fog:** Take notes to help you remember things. You could use a physical note pad or a note-taking app or calendar on your smartphone. Break complicated tasks down into steps and rest often.

**Fatigue:** Give yourself plenty of time to rest between activities. Taking more frequent, short rests is better than pushing yourself too far and being forced to recover. Be open about how fatigue is affecting your life so others can help you.

**Mood:** Be kind to yourself during your recovery. Know that some days will be worse than others. Routinely connect with people like family, friends, and others experiencing Long COVID.