

Long COVID

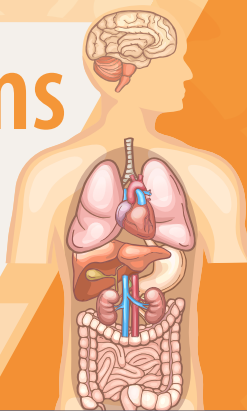
Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions or long COVID.

PREVENT Long COVID

- Get vaccinated and boosted.
- Determine your COVID-19 Community Level by scanning the QR code and taking the recommended prevention steps.

The best way to prevent long COVID conditions is to protect yourself and others from becoming infected with COVID-19.

Symptoms



- Long COVID may not affect everyone the same way.
- People with long COVID may experience a wide range of symptoms.
- Most peoples' symptoms improve with time. However, for some, long COVID conditions may last months, and potentially years, after COVID-19 illness.

WHO is at risk?

- Anyone who has been infected with COVID-19, even people who had no symptoms.
- Long COVID is more common in people who were hospitalized for severe COVID-19 illness.
- People who are unvaccinated against COVID-19 and become infected may be at higher risk than people who are vaccinated and became infected.

Talk to your healthcare provider to learn more about long COVID.



For current COVID-19 information:
<https://phc.amedd.army.mil/covid19> • <https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:
Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.

