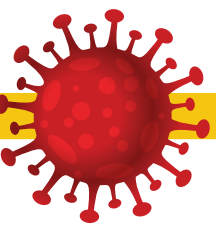
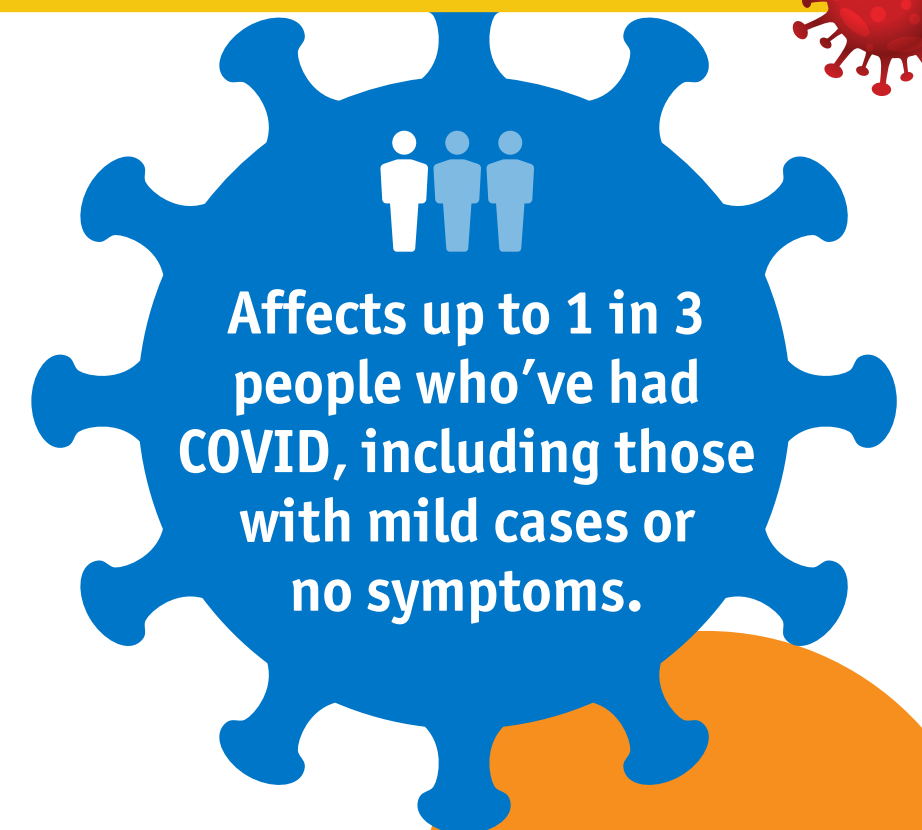


What's long COVID?



If you've recovered from COVID-19 but still feel unwell or have symptoms, you may have long COVID.

Long COVID includes a wide range of new, returning or ongoing health problems lasting 4 or more weeks after COVID-19.



Affects up to 1 in 3 people who've had COVID, including those with mild cases or no symptoms.

It can develop soon after COVID-19 or 3-6 months later and beyond.

COMMON SYMPTOMS



Unusual tiredness



Headaches or dizziness



Shortness of breath



"Brain fog" (difficulty thinking, focusing)



Cough



Trouble sleeping



Chest pain



Fast or pounding heartbeat



Feeling worse with activity

TALK WITH YOUR HEALTH CARE TEAM

If symptoms develop, continue, or worsen, together you should review:

Your COVID history

- When you had it
- If you were fully vaccinated
- Treatments received, if any

Your general health

- Before COVID
- Other conditions
- Fitness and energy levels before and after

Current symptoms

- When they started
- Which are most troubling
- How they limit what you can do

Make a plan that might include:

A symptom diary



Blood, imaging or other tests



Medications



A specialist or post-COVID clinic



Gradually being active



Ways to manage stress



Visit [CardioSmart.org/COVID19](https://www.cardiosmart.org/COVID19) to learn more.

 @ACCinTouch #CardioSmart