

# What You Need to Know About LONG COVID

- An estimated **400 million people** worldwide have had Long COVID
- In the US, at least **1 in 19 adults** are currently living with Long COVID
- Each new COVID infection **increases your risk** of developing Long COVID

**You do not need to have been hospitalized or severely ill to develop Long COVID. Many people had mild or even asymptomatic infections.**

## What is Long COVID?

Long COVID is a chronic condition that can develop after a COVID-19 infection. It includes symptoms that last at least 3 months and may be continuous, relapsing, or worsening over time.

## What causes Long COVID?

Research shows Long COVID is biologically complex and caused by overlapping mechanisms that include:

- Immune system dysregulation
- Persistent inflammation
- Nervous system and autonomic disruption
- Blood flow and vascular abnormalities
- Viral persistence or lingering viral proteins in some individuals

## Symptoms Include:



Fatigue and exhaustion



Cognitive difficulties



Heart palpitations



Shortness of breath



Dysautonomia



Pain



GI issues

HELP IS AVAILABLE, LEARN MORE AT:

[longcovidawarenessweek.com](https://longcovidawarenessweek.com)

