

COMMON LONG COVID SYMPTOMS



Symptoms can affect any part of the body, come and go, or new ones can appear weeks or months later.

ADULTS

- Extreme tiredness
- Shortness of breath
- Chest pain or tightness
- Memory or concentration problems
- Difficulty sleeping
- Fast heart rate or palpitations
- Joint or muscle pain
- Upset stomach or pain
- Changes to smell or taste
- Headaches or dizziness
- Anxiety or depression

Source:NHS



Children


- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea

Source: Centers for Disease Control and Prevention




If you want more info about Covid-19 or other health resources contact your local Community Health Worker

Community Health Workers (CHW) are Liaisons with resources in the communities they serve. They play a vital role in improving Missourian's health by providing a connection between health systems and community resources, as well as education on how to reduce behavioral health risk factors.

 573-996-7980

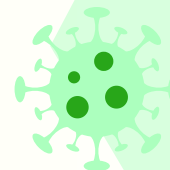
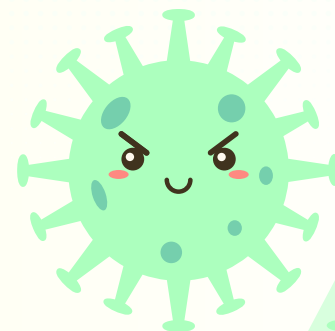
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Living with Long COVID can be hard, especially when there are no immediate answers or solutions.



CDC is using multiple approaches to estimate how many people experience Long COVID. Each approach can provide a piece of the puzzle to give us a better picture of who is experiencing Long COVID.

LONG COVID-19

KNOW THE FACTS

HOW CAN YOU PREVENT LONG COVID-19?

The best way to prevent post- COVID illness is to protect yourself and others from becoming infected. For those eligible, staying up to date with vaccination against COVID-19 can help prevent COVID-19 infection and protect against severe illness.

Who Gets Long COVID?

Most often people who had severe COVID-19 illness, but anyone who has had COVID-19 can experience long COVID symptoms, even people who had mild or no symptoms.

Other at-risk groups:

- People who had more severe COVID-19 illness, especially those who were hospitalized or needed intensive care.
- People who had underlying health conditions prior to COVID-19.
- People who did not get a COVID-19 vaccine.
- People who experience multisystem inflammatory syndrome (MIS) during or after COVID-19 illness.

How to Live with Long COVID?

The best types of treatments that can help treat Long COVID are still being investigated. However, there are steps you can take to help manage symptoms:

- Take breaks from watching, reading, or listening to news stories, including social media. **Hearing about COVID-19 repeatedly can be upsetting.**
- **Take care of your body.**
 - Take deep breaths, stretch, meditate, or practice mindfulness.
 - Try to eat healthy, well-balanced meals.
 - Exercise, if you can. Listen to signs from your body. Get plenty of sleep.
 - Avoid alcohol and drugs.
- **Make time to unwind.** If you feel able to, try to do some activities you enjoy.
- **Connect with others.** Talk with people you trust about your concerns and how you are feeling.

WHAT IS LONG COVID?

Some people who have been infected with the virus that causes COVID-19 can experience long- term effects from their infection. Long COVID can also be known as long-haul COVID, post-COVID condition, and chronic COVID.

