

What is long COVID?

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Long COVID is a condition that can develop after a COVID-19 infection. It includes many different symptoms, can impact every part of your body, and ranges from mild to severe. While most people with COVID-19 recover completely within a few weeks, some people develop long COVID and feel the effects for months or years.



About 1 in 12 Utahns are experiencing long COVID.

Anyone who had a COVID-19 infection can get long COVID, including children. We don't know why some people develop long COVID. Long COVID can significantly impact your life—you may be unable to go to school or work, care for your family, or enjoy your normal activities.

What are some of the symptoms of long COVID?

People with long COVID can experience a wide range of symptoms. Some of the most common symptoms are:

- Body aches
- Changes in menstrual cycles
- Cough
- Depression or anxiety
- Diarrhea
- Difficulty thinking or concentrating (brain fog)
- Dizziness when standing
- Fatigue
- Fast or pounding heart
- Fever
- Hair loss
- Headache
- Loss or change in taste or smell
- Shortness of breath or difficulty breathing
- Sleep problems
- Stomach pain
- Symptoms that worsen after physical or mental activities (post-exertional malaise)
- Rash

If long COVID substantially limits one or more major life activities, then it can be classified as a disability under the Americans with Disabilities Act (ADA) guidelines. You may also qualify for benefits like Medicaid or Social Security Disability Insurance.

Talk to a doctor or healthcare provider if you have these symptoms at least 3 months after a COVID infection. Right now, there is no cure for long COVID, but a doctor may be able to help you manage symptoms.

Learn more: <https://coronavirus.utah.gov/covid19-long-haulers/>