

“LONG COVID”

Most people who have COVID completely recover, but some have lasting symptoms and health problems.

Post-COVID conditions, also called **long COVID**, include a wide range of symptoms that develop during or after a COVID illness and may continue for several weeks or months.

Symptoms can include fatigue, breathing problems, muscle weakness, anxiety or depression, or trouble focusing and remembering tasks.



If you think you have long COVID, talk to your health provider or scan the code at left for information on specialized care available at NYC Health + Hospitals.



The best way to protect yourself and those you love from long COVID is to **stay up to date with all recommended vaccines & boosters.**



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