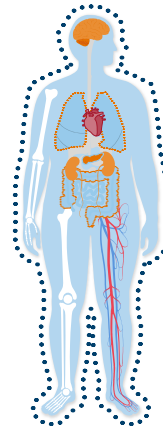


What is Long COVID?

The term Long COVID describes a wide range of symptoms or health problems that occur after COVID-19 infection and are present for at least three months. Long COVID can impact many parts of the body. Symptoms may persist from the initial infection, get worse over time, or come and go.

Some people with long COVID have mild to moderate symptoms that gradually get better after several months. Others may experience long-term or severe symptoms that can interfere with activities of daily life, and in rare cases, lead to new disabilities.



Other terms for long COVID

- Post-COVID conditions
- Long-haul COVID
- Long-haulers
- Chronic COVID
- Post-acute COVID
- Post-acute sequelae of COVID-19 (PASC)

Who can get long COVID?

Anyone who has been infected with the virus that causes COVID-19 can develop long COVID, including children and people whose initial infection was mild. Some groups of people may be more likely to develop long COVID than others, including (not a comprehensive list):

- Females
- People who have experienced more severe COVID-19 illness, especially those who were hospitalized or needed intensive care
- People with underlying health conditions
- Hispanic and Latino people
- People who are not up to date on COVID-19 vaccination

What are long COVID symptoms?

Some of the most common symptoms include but are not limited to:

- Tiredness or fatigue that interferes with daily life
- Shortness of breath
- Brain fog
- Cough
- Joint or muscle pain
- Sleep difficulty
- Headaches
- Dizziness
- Loss of taste or smell
- Symptoms that get worse after physical or mental effort

What can I do to prevent long COVID?

Prevention starts with avoiding infection or re-infection with the virus that causes COVID-19. Each time a person is infected, they have a risk of developing long COVID. Additional protective measures include:



Getting an updated COVID-19 vaccine. This is one of the best ways to reduce risk.



Practicing good hygiene, like washing your hands and covering your cough.



Taking steps for cleaner air, like opening windows, using filtration, or holding gatherings outside.



Wearing a mask or keeping physical distance during viral respiratory illness season.

What should I do if I think I have long COVID?

Talk with a doctor or health care provider about your symptoms.

- It may be useful to document your symptoms and their impacts on daily activities before meeting with a provider. A checklist like this one can help you prepare for your appointment: [Healthcare Appointment Checklist for Long COVID \(cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf\)](https://www.cdc.gov/covid/media/pdfs/2024/07/COVID-19-fact-sheet-post-appointment-checklist-c.pdf).

If you or someone you know struggles with daily tasks due to long COVID

- **Free services may be available.** Regional Centers for Independent Living (CILs) can help coordinate services, find accessible transportation, provide mobility equipment, and more to make your life easier. Call 507-285-1815 or visit the [Minnesota Association of Centers for Independent Living \(https://www.macil.org\)](https://www.macil.org) to find your local CIL.
- Employees and employers can contact the Job Accommodation Network (JAN) for **free, one-on-one consultation from experts**. Call 800-526-7234 or visit [JAN: Contact Us \(https://askjan.org/contact-us.cfm\)](https://askjan.org/contact-us.cfm).
- Supporting someone with long COVID can be difficult. Learn more about coping and caring for yourself and loved ones at [CDC: Living with Long COVID \(https://www.cdc.gov/covid/long-term-effects/living-with-long-covid.html\)](https://www.cdc.gov/covid/long-term-effects/living-with-long-covid.html).



Visit [Long COVID Resources and Support \(health.state.mn.us/diseases/longcovid/resources.html\)](https://health.state.mn.us/diseases/longcovid/resources.html) or scan the QR code for more information about medical and social support that may be available to you.

For more information about long COVID, impacts in Minnesota, and the MDH Long COVID Program, visit MDH: Long COVID (<https://health.mn.gov/longcovid>).

Minnesota Department of Health

Long COVID Program

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www.health.state.mn.us

Current as of March 2025. Information may change as we learn more.

Please note that the Minnesota Department of Health is unable to provide individual medical or legal advice or referrals.

To obtain this information in a different format, email, health.longCOVID@state.mn.us