

# What is Long COVID? And are you at risk?



## What is Long COVID?



Long COVID is a condition resulting from a COVID-19 infection where symptoms last longer than 2 months.

## Long COVID symptoms



Symptoms can include tiredness, shortness of breath, cough, fever, brainfog and mood changes. They can differ from each person and can come and go or change over time.

## COVID and your heart



Even mild cases of COVID can increase the risk of long COVID and the long-term risks of serious cardiovascular diseases such as stroke, heart attack and heart failure.

## Preventing Long COVID



People who are up to date with their vaccinations are less likely to develop long COVID or other long term health issues.

