

What is Long COVID? And are you at risk?



What is Long COVID?



Long COVID means still having symptoms 3 months after a COVID infection and these symptoms keep going for at least 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 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 the long-term health issues that can follow a COVID infection.

