

Long COVID Fact Sheet



q: What is Long COVID?

a: Some people can have ongoing or new symptoms after having COVID-19 that do not go away, or get worse over time. If you have new or worsening symptoms 4-12 weeks after having COVID-19, you may be experiencing Long COVID.

q: Who can get Long COVID?

a: Anyone who has had COVID-19 can develop Long COVID, no matter how mild or severe their symptoms were. At this time, it is estimated that 4-7% of those diagnosed with COVID-19 will develop Long COVID. Women are more likely to get Long COVID than men. *See next page for a list of symptoms.*

q: My friend was diagnosed with Long COVID, but their symptoms are totally different than mine. How can that be?

a: Long COVID affects everyone differently as we all have different medical histories. Because of that, not everyone with Long COVID will have the same symptoms.

Please see next page for details on symptoms. Space is provided for you to write down your own symptoms, to share with your clinician.

q: I am a Veteran and I think I may have Long COVID. What do I do?

a: If you believe you have Long COVID, [contact your care team](#) today for an appointment.

q: How can I avoid getting Long COVID?

a: Unfortunately, the only way to avoid developing Long COVID is to not get sick with COVID-19. The best ways to prevent getting sick with COVID-19 are vaccination and masking.

q: What is VA doing about Long COVID?

a: VA health care providers will use a Whole Health approach to caring for Veterans with Long COVID. Whole Health focuses on what is most important to the Veteran, and uses all appropriate therapeutic approaches, disciplines, and health professionals working together to create a health plan that meets the needs of each individual Veteran. This way, Veterans can take charge of their health and well-being.

Long COVID Symptom Checker



This is not a complete list of symptoms and you may have more than one. Use the space below to write down all of your symptoms so you can tell your clinician or care team, on your next visit.

SYMPTOM	EXAMPLE	MY SYMPTOMS ARE:
Altered sense of taste and/or smell	No sense of taste or smell; tastes or smells “wrong”	
Tiredness or fatigue that interferes with daily life	Struggling to complete tasks you used to have no trouble doing, like playing with your kids, cleaning the house, cooking dinner	
Symptoms that get worse after physical or mental activity	Going for a walk, doing a crossword puzzle	
Respiratory symptoms	Ongoing cough, trouble catching your breath	
Cardiac symptoms	Heart racing, skipping beats, chest pain, palpitations, lightheadedness, dizziness, falling	
Neurologic symptoms	Brain fog, trouble remembering or focusing, memory problems, headaches, blurry vision	
Mental health	Anxiety, depression, feeling more stress, trouble sleeping	
Digestive symptoms	Abdominal pain, constipation	
This is a partial list of symptoms. If you have any additional new symptoms, list them to share with your clinician.		

 Questions? For more information, visit www.veteranshealthlibrary.va.gov