

# Ways to cope with long COVID

For most people, COVID-19 symptoms resolve within about 4 weeks. 'Long COVID' is when symptoms continue for weeks or months beyond the initial illness, and can't be explained by other health conditions.



## Who gets long COVID?

It appears to be more common among people who had more severe initial symptoms but can affect anyone. It's less common in children and adolescents.

Some things seem to put you at greater risk:

- being older
- having more than one underlying medical condition
- having a higher body mass index (obesity)
- being female
- being admitted to hospital for COVID-19.



## Why do some people get long COVID?

There's no clear answer, and more research is needed. However, it could be due to:

- the way the virus affects your body
- some of the virus staying in your body and causing ongoing symptoms
- your immune system becoming overactive as a response to the virus.

Some people with long COVID have symptoms similar to chronic fatigue syndrome.



## What are the symptoms?

Symptoms are highly varied and may be different from typical COVID-19 symptoms. Someone with long COVID can feel better one week and get worse the next.

Symptoms, can include:

- chest pain, palpitations
- fatigue, fever, pain, tummy problems
- headaches, sleep problems, joint pain, memory problems, dizziness
- sore throat, earache, loss of taste/smell
- breathlessness, cough.

People have also experienced anxiety, depression or post-traumatic stress disorder (PTSD). These can come from finding out you have long COVID, being in hospital, or the ongoing illness and how it affects you mentally and socially.

