

Long COVID

Rolando, are you alright? Let's go sit down.
I'm worried about you, Rolando.
You've been so tired and dizzy you can barely work.



It's nothing. I'll be fine

I don't know, this seems serious... Didn't you have COVID-19 a couple of months ago?



Long COVID?

Maybe you have Long COVID

That's when COVID-19 causes health problems that last for more than a month after you first get sick



Hmmm, I don't think so. I wasn't that sick—and I got better.

Actually, the community health worker told me that **anyone who's had COVID-19** can get Long COVID. Even people who didn't get very sick! And the health problems may start **after you recover.**



But I'm tired and dizzy. What does that have to do with COVID?



So what should I do?

Well, Long COVID can have a lot of different symptoms. Sometimes, the symptoms are like the original symptoms of COVID. You know-- cough, trouble breathing, headache, chest or muscle pain. Or fatigue, like what you're feeling...

But other times, the symptoms are different.. People may...

- Have trouble thinking straight or remembering...
- Feel dizzy like you do...
- Feel their heart pounding...
- Have trouble sleeping...
- Become anxious or depressed.

The symptoms can get worse when you're working hard—like what happened just now.

Talk with a doctor.

They can figure out whether you have Long COVID and may be able to help manage your symptoms.

And stay up to date with your COVID-19 vaccines!

It might also give you some protection against Long COVID.



It's a good idea...
But Dominga,
money is so tight right now.
I don't know
if I can afford the doctor,
and where would I find a
doctor to begin with?

There are health centers
where a doctor will see
you at a low cost.
We can call the
community health
worker after work, and
she can tell you where
to go and how to make
an appointment.

Oh, that's good to know!
Thanks for your help,
Dominga. Every time I think
the pandemic is over,
it seems like it's
causing new problems!





Get vaccinated and practice COVID-19 prevention to reduce your risk of Long COVID. If you or your loved one has symptoms of Long COVID, visit your local health center today!

