If you still feel sick or have symptoms weeks or months after getting COVID, you’re not alone.

**What is Long COVID?**
Long COVID affects people for weeks, months, or even longer after getting COVID-19. They may have difficulty carrying out daily activities because of their symptoms. Long COVID does not affect everyone the same way. The symptoms may:

- Start soon after infection or after you’ve already recovered from COVID.
- Come and go.
- Be different than the symptoms of COVID-19.
- Go away with time.

Even if you don’t feel sick when first infected with COVID-19, you can develop Long COVID symptoms later.

Long COVID may also be called long-haul COVID, post-COVID conditions, chronic COVID, and post-acute sequelae of SARS-CoV-2 (PASC).

**Who is more likely to get Long COVID?**
Scientists are working to answer this question. They think people are more at risk if they:

- Had severe COVID (if they were hospitalized, for example).
- Had other health conditions such as diabetes or a lung condition before getting COVID.
- Did not get a COVID vaccine.

**How can I prevent Long COVID?**
Get vaccinated and boosted to lower your chances of getting COVID-19 and then getting Long COVID.

**What should I do if I think I have Long COVID?**
Talk with a health care provider. There is no treatment for Long COVID, but a provider may do tests to understand what’s happening in your body. If they diagnose you with Long COVID, they can work with you to make a plan that may help manage your symptoms.

Learn more at covid19community.nih.gov/long-COVID