

Long COVID: How to Protect Yourself and Your Loved Ones

What You Need to Know

- Long COVID is a condition that some people get after they catch COVID-19. They still feel symptoms of the virus even though they are not sick anymore.
- Long COVID can affect anyone, including children, but vaccines can help protect you and your loved ones.

Long COVID symptoms

The symptoms of long COVID can be different for everyone. Some people feel COVID-19 symptoms like

- Shortness of breath,
- Chest tightness,
- Loss of smell or taste, or
- Fatigue.

Others might feel symptoms like

- Difficulty thinking or staying focused (“brain fog”),
- Fast-beating or pounding heart, or
- Mental health affects (like feelings of sadness or anxiety).



Protect Yourself and Your Loved Ones

COVID-19 vaccines might help prevent long COVID and improve long COVID symptoms. Talk to your healthcare provider to see how the COVID-19 vaccines could help protect you and your family.

Get your FREE vaccine today!



Americares is a health-focused relief and development organization that responds to people affected by poverty or disaster with life-changing health programs, medicine, medical supplies and emergency aid.

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