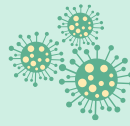


What is Long COVID?



Long COVID is defined as the presence of a wide range of new, returning, or ongoing health problems experienced by people 4 or more weeks after first being infected with COVID-19 and can remain for 6 months or more.

Best ways to prevent long COVID



getting vaccinated and boosted



wearing a mask that has a good fit and filtration



Many people living with the disease were previously fit & healthy.



Children experience long COVID symptoms similar to adults.

Long COVID can affect people who have experienced mild, severe or even symptom-free COVID-19 infections.

Long COVID is a multi-system disease; there are over 200 listed symptoms which can change, come and go, or fluctuate over time and generally have an impact on everyday functioning.

Most common symptoms persisting 6 months



extreme exhaustion (fatigue)



problems with memory and concentration (brain fog)

Other common symptoms



high temperature, cough, headaches, sore throat, changes to sense of smell or taste



ringing ears, earaches



feeling sick, diarrhea, stomach aches, loss of appetite



shortness of breath



fast heart rate or palpitations



chest pain or tightness



dizziness



joint or muscle pain



rashes



depression and anxiety



difficulty sleeping (insomnia)

Ready to get your child vaccinated?

Please discuss any lingering questions or concerns about the vaccine with your child's pediatrician. Visit myturn.ca.gov or call 1 (833) 422-4255 to find a vaccination location near you.