

LONG-TERM COVID-19 EFFECTS

Recovery can take a long time and can cause organ damage in healthy adults and persons who were not even in the hospital.

1 in 5 previously healthy 18 to 34 years olds weren't back to usual health 14-21 days after testing positive for COVID-19.

COMMONLY REPORTED LONG-TERM SYMPTOMS

Cough

Shortness of Breath

Chest Pain

Joint Pain

Fatigue

OTHER LONG-TERM SYMPTOMS

Headache

Depression

Muscle pain

Difficulty thinking and concentrating "brain fog"

Fast-beating or pounding heart "heart palpitations"

Intermittent fever



ORGANS IMPACTED

Brain: even in young people, the disease can cause strokes, seizures and temporary paralysis

Lungs: damage to the air sacs can result in scar tissue that may lead to long-term breathing problems

Stomach and Intestine: diarrhea, nausea, vomiting

Heart: small clots can block tiny blood vessels in the heart muscle and cause damage, even in people who experienced mild symptoms

Legs, Liver and Kidneys: can be affected by blood clots and weakened blood vessels, potentially leads to long-lasting problems with the liver and kidneys

SERIOUS, LESS COMMON, LONG-TERM COMPLICATIONS

Heart: inflammation of heart muscle, heart attack

Nervous System: loss of smell and taste, sleep issues, dizziness, difficulty concentrating, memory problems

Lungs: tissue damage and restrictive lung failure

Brain: anxiety, depression, changes in mood, post-traumatic stress syndrome

Skin: rash, hair loss

Kidney: acute kidney injury