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.

**LONG-TERM COVID-19 EFFECTS**

### COMMONLY REPORTED LONG-TERM SYMPTOMS
- Cough
- Shortness of Breath
- Chest Pain
- Joint Pain
- Fatigue
- Headache
- Depression
- Muscle pain
- Difficulty thinking and concentrating “brain fog”
- Fast-beating or pounding heart “heart palpitations”
- Intermittent fever

### OTHER LONG-TERM SYMPTOMS
- **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 weaken blood vessels, potentially leads to long-lasting problems with the liver and kidneys

### ORGANS IMPACTED
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### 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

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