Long COVID

Long COVID includes a wide range of new, returning, or ongoing health issues that occur after a COVID-19 infection and are present for at least three months.

One in three adults in NYC who have had COVID-19 reported experiencing long-term physical or mental health effects at some point.

There are many symptoms, which can last from weeks to years and may not present until weeks or months after a COVID-19 infection. Symptoms may be mild or severe and can include:

- Always feeling very tired, or feeling extremely tired after doing small physical or mental activities

- Memory changes, such as trouble finding the right words, misplacing things, or changes in the ability to remember things

- Coughing or feeling short of breath

- Sleep issues, such as staying asleep or insomnia

- Trouble thinking clearly or concentrating ("brain fog")

- Constipation, diarrhea, or other gastrointestinal symptoms

- Dizziness or fast heart rate

- Issues with taste or smell

- Mood changes, such as anxiety or depression

- Headaches

NYC Health

How do I know if I have Long COVID?

There is no specific test that can tell you if you have Long COVID. Talk to your health care provider or seek a specialist if you have symptoms following a COVID-19 infection — they can help you manage your symptoms. For help finding a provider, call 844-NYC-4NYC (844-692-4692) or **311**.

Who is at higher risk for developing Long COVID?

Anyone can get Long COVID, even if they have had COVID-19 before and their symptoms resolved. People at higher risk may include those who:

- Experienced more severe COVID-19 illness, especially those who were hospitalized
- Had other health conditions prior to COVID-19, such as heart disease, diabetes, a lung condition (COPD or asthma), obesity, a weakened immune system, and depression or anxiety
- Did not receive an updated 2024-2025 COVID-19 vaccine
- Are treated unfairly due to their race, gender, age, sexual orientation, or other health inequities

The only way to prevent Long COVID is to avoid getting COVID-19. With every infection, there is a risk of developing Long COVID.

- Wear a well-fitting mask (such as an N95, KN95, or KF94) that covers your nose and mouth, especially when indoors among crowds or where there is poor ventilation.
- Stay up to date with your vaccinations. For most people, this means getting just one updated COVID-19 vaccine dose this year. Visit **nyc.gov/vaccinefinder** or call 212-COVID-19 (212-268-4319) for help finding a vaccination site.
- Stay home if you are feeling sick and wear a mask if you are unable to stay home.
- Avoid close contact with people who are sick. If someone is sick in your home, take precautions such as maintaining physical distance (including staying in a separate room), masking, and increasing ventilation to reduce the chance of spread.
- While surface transmission of COVID-19 is rare, it is important to wash your hands often and use an alcohol-based hand sanitizer.

For more information about COVID-19, visit **nyc.gov/coronavirus** or **nyc.gov/longcovid**, or call **311** or your provider's office, especially when experiencing symptoms and for treatment.

For information on health insurance, visit **nyc.gov/health/healthcoverage** or call 347-665-0214 to ask for enrollment assistance.