COVID-19 VACCINATION

Long-term effects of COVID-19

Most people who get COVID-19 will have symptoms for a short time and then get well within a few weeks. The time it takes to get well from COVID-19 is different for each person. This depends on how sick you were with COVID-19. It can also depend on whether you have any other existing health conditions.

There are some people who experience long-term health problems after having COVID-19. Sometimes COVID-19 causes a person to feel unwell for many months after the initial illness. This is called 'long COVID'. Long COVID can last for many weeks and months, even after a person no longer has the virus.

Even people who had a mild COVID-19 infection and did not need to go to hospital can still have long COVID.

Symptoms of long COVID

Common signs and symptoms that can continue after people first become infected are:

- tiredness
- difficulty breathing
- a persistent cough
- chest pain
- joint pain
- not enough energy to exercise
- fever
- headaches
- problems with memory and difficulty thinking clearly ('brain fog')
- depression or anxiety.

Many long-term side effects from COVID-19 are still not known. This is why it is important that you do everything you can to protect yourself against being infected with the COVID-19 virus.

Vaccination is the best way to reduce the risks of COVID-19.

When many people get vaccinated against COVID-19, it lowers the risk of the virus spreading in the community. This leads to fewer people getting infected by COVID-19, which reduces the number of people who experience long COVID.

For more information

If you have questions, speak to your doctor, go to health.gov.au/covid19-vaccines-languages, or call the National Coronavirus Helpline on 1800 020 080. For interpreting services, call 131 450.

www.health.gov.au/covid19-vaccines-languages