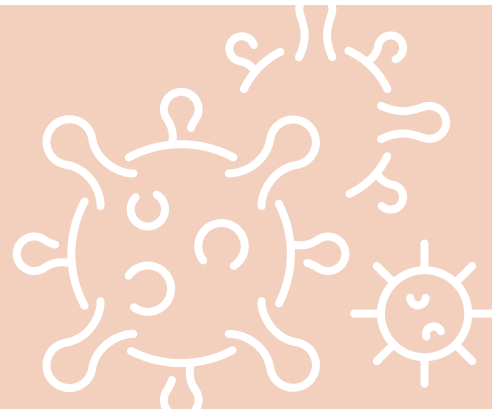# Post COVID-19 condition

Post COVID-19 condition, also known as long COVID, is when people show physical or psychological symptoms more than 12 weeks after their initial COVID-19 infection.

About post COVID-19

- Post COVID-19 condition is a wide range of new, returning, or ongoing symptoms people experience after getting COVID-19
- The condition can affect both adults and children

The most common symptoms experienced by adults are:

- fatigue
- memory problems
- sleep disturbances
- shortness of breath
- anxiety and depression
- general pain and discomfort
- difficulty thinking or concentrating
- posttraumatic stress disorder (PTSD)

The most common symptoms experienced by children are:

- fatigue
- headaches
- sleep problems
- abdominal pain
- shortness of breath
- muscle aches and pains or joint pains
- lack of concentration, cognitive difficulties or delirium, such as a confused or disoriented mental state

Quick fact

There is currently no agreed upon approach to diagnose and treat post COVID-19 condition. If you think you have post COVID-19 condition, talk to your health care provider about how to manage your symptoms.

How you can prevent the illness

The best way to prevent post COVID-19 condition is to take steps to avoid getting infected. This includes getting vaccinated, including boosters, and following public health measures. Early evidence suggests that vaccination with 2 or more doses may help reduce the risk of developing post COVID-19 condition.

To help reduce the spread of COVID-19, consider :

- wearing a mask
- practicing physical distancing
- washing or sanitizing your hands
- getting vaccinated, and getting your booster if eligible

To find out more about your COVID-19 guidance in your province or territory, including how to book your vaccine, visit: canada.ca/covid-vaccines-indigenous