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.