

Long COVID-19 Can be Life Changing.

Avoid it by preventing
infection with
COVID-19 vaccines



Rocky Mountain Tribal Leaders Council

2929 3rd Avenue North Suite 300

Billings, MT 59101

Phone: 406-252-2550



Created by: Shemira Castellanos-Cervantes, MSGH
Tribal Public Health Educator

LONG COVID

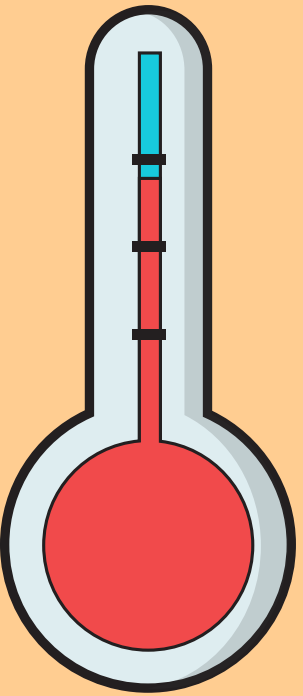
A 3D rendering of the words "LONG COVID" in large, gold, metallic letters. Several blue, spiky virus particles are scattered around the letters, some appearing to be attached to them. The letters are set against a light blue background with a reflective surface below.

Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or long COVID.

A close-up photograph showing a hand with dark nail polish holding a small, torn piece of white paper. The paper has the words "Post-COVID syndrome" written on it in red, bold, sans-serif font. A blue nitrile glove is reaching in from the right, holding the paper steady. The background is a light blue, textured surface.

**Post-COVID
syndrome**

Based on information shared by the CDC, people who experience post-COVID conditions most commonly report:



General symptoms

- Tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”)
- Fever

Respiratory and heart symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (also known as heart palpitations)



Neurological symptoms

- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety



Digestive symptoms

- Diarrhea
- Stomach pain

Other symptoms

- Joint or muscle pain
- Rash
- Changes in menstrual cycles



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