

# Protect Yourself from Long COVID or Post-COVID Conditions (PCC): Get Vaccinated!

Long COVID, or PCC, can have long-lasting effects on your health. Getting vaccinated is the key to reducing the risk of Long COVID/PCC and its impact on your life. People who have been vaccinated and become infected with COVID-19 have a lower risk of developing Long COVID/PCC when compared to those that are unvaccinated.

Long COVID/PCC can affect anyone, but some people may be more at risk. Including those who:

- Have experienced severe COVID-19 illness, were hospitalized, or needed intensive care.
- Have underlying health conditions, such as diabetes, asthma, autoimmune diseases, or obesity.
- Are unvaccinated.
- Experience multisystem inflammatory syndrome during or after COVID-19 illness.

## Signs and Symptoms of Long COVID/PCC (not a comprehensive list)

### 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

### 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

### Respiratory and heart symptoms

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

### Other symptoms

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

**Vaccination against COVID-19 is crucial in preventing severe illness and Long COVID/PCC. Protect yourself and others by getting vaccinated today.**

Source: Long COVID or Post-COVID Conditions. Centers for Disease Control and Prevention. Updated July 20, 2023. Available at: [www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html](https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html)