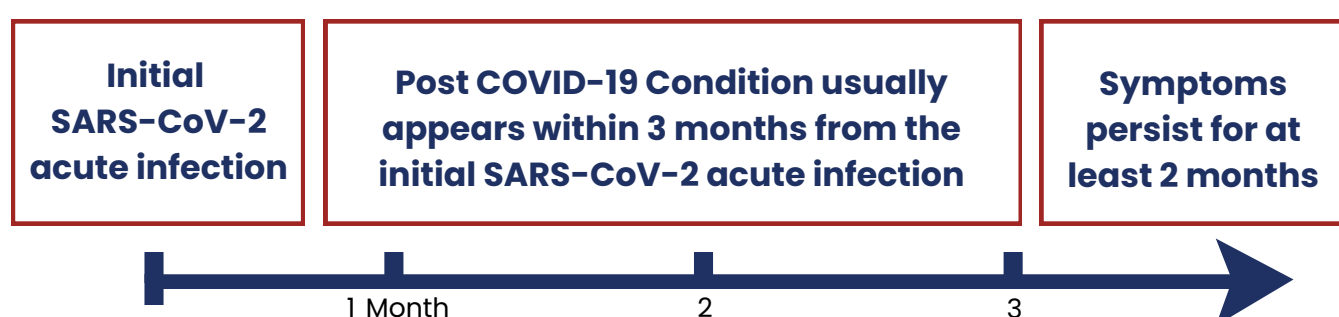


# WHAT IS POST COVID-19 CONDITION?

Post COVID-19 Condition, or Long COVID, usually appears within three months from the acute COVID-19 infection and lasts at least two months. Symptoms vary, and can change or worsen over time, and significantly impact daily life, according to the World Health Organization.<sup>[1]</sup>



## COMMON SYMPTOMS



**Fatigue**



**Shortness of breath**



**Brain fog**



**Pain**



**Sleep problems**

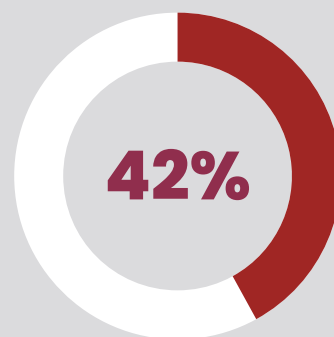


**Post-exertional malaise<sup>[2]</sup>**

For more symptoms, see Figure 2, Figure 3 and Figure 4.<sup>[3]</sup>

# 3.5 million

Adults in Canada have experienced longer term symptoms after a confirmed or suspected COVID-19 infection (As of June 2023).<sup>[4]</sup>



**Almost half of those have experienced symptoms for 1 year or longer.<sup>[4]</sup>**

- Do you have patients who have had acute COVID-19 infection?
- Do they have persistent symptoms?

Visit [can-pcc.ca](https://can-pcc.ca) for more information and resources to assist your patients.

**Scan the QR code for more details about Post COVID-19 Condition and the CAN-PCC National Guidelines.**



[1] World Health Organization. "Post COVID-19 Condition." <https://www.who.int/teams/health-care-readiness/post-covid-19-condition>

[2] Vøllestad, Nina K., and Mengshoel, Anne Marit. "Post-Exertional Malaise in Daily Life and Experimental Exercise Models." *Frontiers in Physiology*, 2023. <https://pubmed.ncbi.nlm.nih.gov/38111900/>

[3] O'Mahoney LL, Routen A, Gillies C, Ekezie W, Welford A, Zhang A, et al. "The prevalence and long-term health effects of Long Covid among hospitalised and non-hospitalised populations: a systematic review and meta-analysis." 2023 Jan 1;55:101762. <https://pubmed.ncbi.nlm.nih.gov/36474804/>

[4] Government of Canada. "Fall 2023 Report" <https://health-infobase.canada.ca/covid-19/post-covid-condition/fall-2023-report.html#>