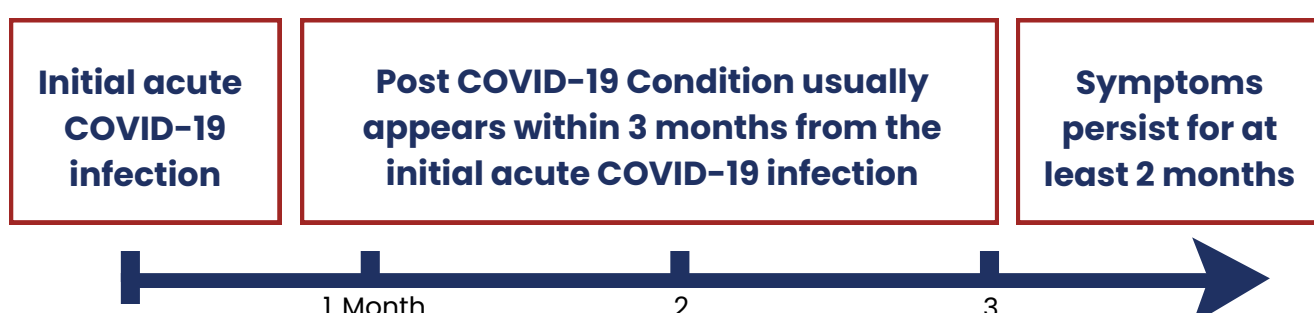


WHAT IS POST COVID-19 CONDITION?

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. ^[1]



COMMON SYMPTOMS



Fatigue



Shortness of
breath



Brain fog



Pain



Sleep
problems

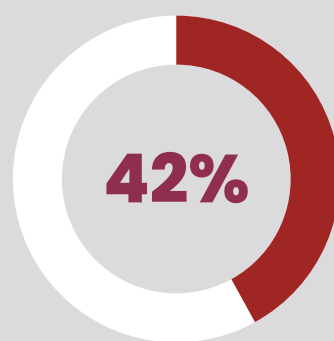


Post-
exertional
malaise ^[2]

For more symptoms, see Figure 2, Figure 3 and Figure 4 in the reference below. ^[3]

3.5 million

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



Almost half of those have experienced symptoms for 1 year or longer. ^[4]

- Have you had COVID-19?
- Have you had symptoms that have not gone away?

Talk to your health care provider if you are concerned about your symptoms.

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#>