

Long COVID symptoms

Long COVID is used to describe signs and symptoms that last for longer than four weeks after getting COVID-19. It can affect your whole body, and your symptoms can change and come and go over time. This infographic shows the most common signs and symptoms of Long COVID.



High temperature

Depression and anxiety

Dizziness

Headaches

Problems with memory and concentration ("brain fog")

Difficulty sleeping (insomnia)

Changes to sense of smell or taste

Tinnitus, earaches

Cough, sore throat



Rashes

Breathlessness

Chest pain

Feeling sick, diarrhoea, stomach aches, loss of appetite



Fatigue



Joint pain

Pins and needles

Please click links below for further information available on our website.

[Managing breathlessness](#)

[Managing a cough](#)

[Managing your energy](#)