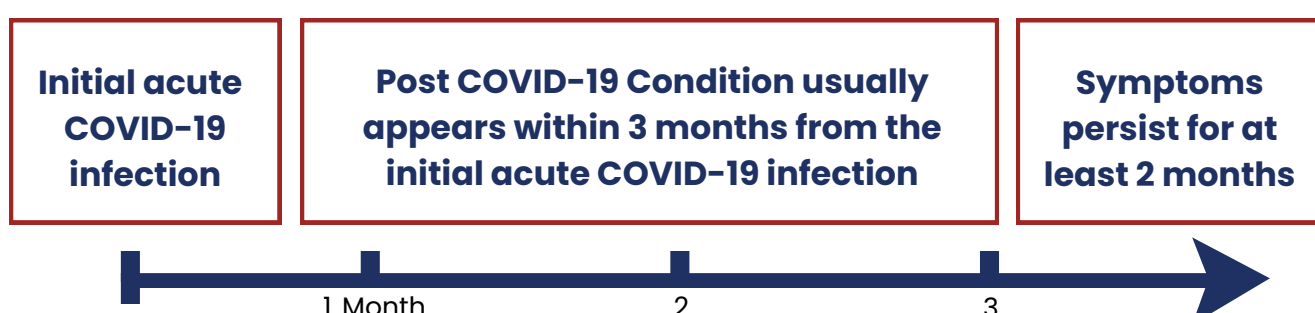


WHAT IS POST COVID-19 CONDITION?

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

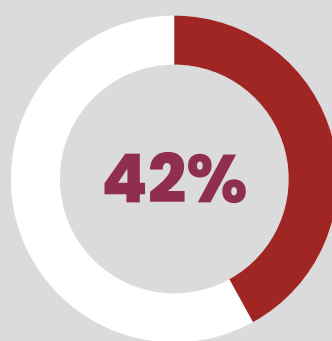


Post-exertional malaise ^[2]

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#>