

# Emerging Issues: Long COVID or Post-COVID Conditions

**The issue:** Some people who have been infected with the virus that causes COVID-19 can experience long-term effects. This condition is called by many names including: long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS COV-2 infection (PASC), long-term effects of COVID and chronic COVID<sup>1</sup>. Long COVID is defined as the experience of symptoms after having an acute COVID-19 infection or the symptoms that develop a month or more after infection. It can also be symptoms the patient experiences during acute infection that are never fully resolved.

**Why it matters:** Long COVID can affect anyone, including children, and it can develop in people who had asymptomatic, mild or severe COVID-19. It is estimated that there is no single diagnostic test for long COVID. For now, diagnosis is based on reported symptoms with a history of known COVID infection. Things that you need to know about long COVID include:

- People who are vaccinated are less likely to develop long COVID, even if they do get COVID-19.
- People who had severe COVID-19 illness are more likely to develop long COVID.
- As of July 2021, long COVID can be considered a disability under the Americans with Disabilities Act (ADA).

## How Community Based Organizations (CBOs) can help:

CBOs have played a significant role in the COVID-19 pandemic to date and can continue these efforts by providing support to persons experiencing long COVID. Ways that CBOs can provide support include:

- Providing evidence-based [information and resources](#) on long COVID to the community
- Providing support groups for those experiencing long COVID to address the mental health issues that accompany a diagnosis
- Continuing to lead efforts to vaccinate community members
- Helping those affected by long COVID to apply for Social Security Disability to determine eligibility
- Helping those affected by long COVID to address unforeseen care needs
- Continuing to lead efforts to vaccinate community members

COVID-19 has affected all aspects of life and millions of people are navigating long COVID.<sup>2</sup> CBOs can commit to continuing to connect their communities to programs and resources needed to help with their healing, health and well-being.



## Long COVID Symptoms:

Long-term effects of COVID can affect many different parts of the body, such as the brain, heart and lungs. The Centers for Disease Control and Prevention (CDC) has identified over 200 different symptoms of long COVID. The most reported symptoms include:

- Difficulty breathing or shortness of breath
- Tiredness or fatigue
- Difficulty thinking or concentrating (brain fog)
- Cough
- Headache
- Sleep problems
- Mood changes
- Change in smell or taste
- Fever
- Body aches, chest pain or stomach pain
- Dizziness
- Depression

## For more information:

The CDC Foundation is available to consult with your organization regarding your capacity building needs. To request assistance, please complete this [Technical Assistance Request](#) form or email [capacitybuilding@cdcfoundation.org](mailto:capacitybuilding@cdcfoundation.org).

## About Us:

The CDC Foundation helps the Centers for Disease Control and Prevention (CDC) save and improve lives by unleashing the power of collaboration between CDC, philanthropies, private entities and individuals to protect the health, safety and security of America and the world. The CDC Foundation is an independent foundation and the go-to organization authorized by Congress to mobilize these partnerships to support CDC's critical health protection mission.

<sup>1</sup> CDC Resources on Long COVID

<sup>2</sup> [U.S. Census Bureau, Household Pulse Survey, 2022](#)