



## **Post-COVID Conditions**

### *Long-term prevention measures*

Most people with COVID-19 get better within a few weeks of getting sick, but others experience post-COVID-19 effects.

“Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience more than four weeks after first being infected with the virus that causes COVID-19. Even people who did not have symptoms when they were infected can have post-COVID conditions.” *Centers for Disease Control and Prevention (CDC)*

These conditions can have different types and combinations of health problems for different lengths of time.

### **Types of Post-COVID Conditions**

1. **Long COVID-19** is a range of symptoms that can appear and last for weeks or months after being infected with the COVID-19 virus for the first time. Anyone who has had the virus, even if it was mild or had no symptoms. You may experience the following:

- Tiredness, fatigue, or dizziness when standing up.
- Difficulty thinking or concentrating
- Headache, muscle, or joint pain
- Loss of taste or smell
- Heart that beats fast or very hard
- Chest pain
- Shortness of breath, shortness of breath, or cough
- Fever
- Depression or anxiety

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1. The **multi-organ effects** of COVID-19 can affect most, if not all, of the body's systems, including the functions of the heart, lungs, kidneys, skin, and brain. They can include conditions such as multisystem inflammatory syndrome (MIS) and autoimmune conditions. The duration of the effects and whether they could lead to chronic diseases is unknown.
2. The **effects of hospitalization or treatment** for COVID-19 can be long-term, similar to those associated with other respiratory infections. It can also include severe weakness and post-traumatic stress disorder (PTSD).

### **Treatment**

Your primary doctor will monitor for after-effects after COVID-19, especially if you have other chronic conditions. It is normal to feel fear during or after a traumatic situation. The following signs may occur frequent nightmares, terrifying thoughts that cannot be controlled, feelings of worry, guilt or sadness, insomnia, among others. However, most people will recover from symptoms naturally.

#### **Social and Emotional Aspect**

For tips, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise during and after your medical treatment, please visit your primary care physician or contact the following phone lines:

#### **Medical Advice Line**

1-844-347-7801; TTY/TDD 1-844-347-7804

#### **APS Healthcare**

787-641-9133

### **Referencias:**

Post-COVID Conditions. CDC Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>