



# Protect Yourself From Long COVID: Get Vaccinated



**Lower your chances of getting Long COVID by staying up to date with your COVID vaccine.**

Some people who get COVID can have symptoms that last for many weeks or months—a condition called “Long COVID.”

People with Long COVID can have a variety of symptoms. Some symptoms may not seem clearly related to COVID, which can make Long COVID hard to diagnose.

Commonly reported symptoms include:

- Feeling very tired
- Cough
- Trouble breathing or shortness of breath
- Aches and pains
- Brain fog (trouble thinking or remembering things)
- Trouble sleeping
- Mood changes
- Loss of smell or change in taste
- Fever

Anyone who gets COVID can develop Long COVID, and it can affect people of all ages.

**Find COVID vaccines near you at [vaccines.gov](https://www.vaccines.gov)**