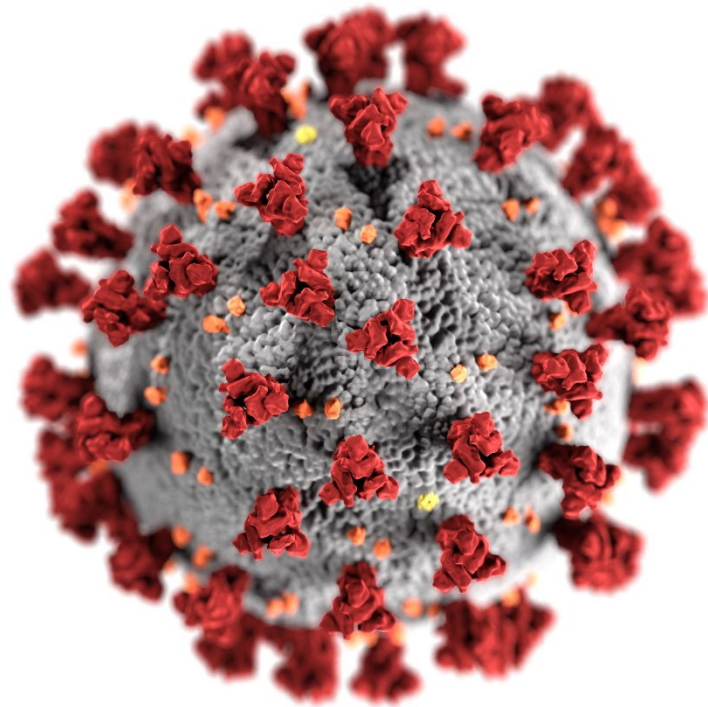


Post-COVID Conditions and Definitions

CDC Participants

- Priti Patel, MD, MPH
- Sharon Saydah, PhD
- Jeanne Bertolli, PhD, MPH
- Amy Branum, PhD



cdc.gov/coronavirus

COVID-19



Your Health

Vaccines

Cases & Data

Specific Settings

Healthcare Workers

Health Depts

Science


More

Long COVID or Post-COVID Conditions

Updated Dec. 16, 2022 [Español](#) | [Other Languages](#) [Print](#)

DEFINITION

Post-COVID Conditions

Some people who have been infected with the virus that causes COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or long COVID. The working [definition of post-COVID conditions](#)  was developed by the Department of Health and Human Services (HHS) in collaboration with CDC and other partners.

People call post-COVID conditions 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.

What You Need to Know

- Post-COVID conditions can include a wide range of ongoing health problems; these conditions can last weeks, months, or years.
- Post-COVID conditions are found more often in people who had severe COVID-19 illness, but anyone who has been infected with the virus that causes COVID-19 can experience post-COVID conditions.
- People not vaccinated against COVID-19 and who become infected may have a higher risk of developing post-COVID conditions compared to people previously vaccinated.

Symptoms seen in post-COVID conditions

General symptoms

- Tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”)
- Fever

Cardiovascular and Respiratory symptoms

- Dyspnea/shortness of breath
- Cough
- Chest pain
- Heart palpitations

Digestive symptoms

- Diarrhea
- Stomach pain

Neurological symptoms

- Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
- Headache
- Sleep problems
- Dizziness when standing up (lightheadedness)
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety

Other symptoms

- Joint or muscle pain
- Rash
- Changes in menstrual cycles

General framework for understanding post-COVID conditions

General Consequences of Illness and Hospitalization

- Post ICU-syndrome
- Other complications of illness and treatment

Post-Acute Consequences of SARS-CoV-2 Infection (PASC)

- System-specific pathology (e.g., lung fibrosis, stroke)
- Clinically significant symptoms with unclear pathology (e.g., ME/CFS*-like, dysautonomia)

Conditions frequently overlap, patients may experience any combination

*Myalgic Encephalomyelitis/Chronic Fatigue Syndrome

Long COVID data collection in surveys

Census Household Pulse Survey



Did [you/child's name] have any symptoms lasting **3 months or longer** that you did not have prior to having coronavirus or COVID-19?

Do [you/child's name] have symptoms now?

Do these long-term symptoms reduce your ability to carry out day-to-day activities compared with the time before you had COVID-19?



Did you experience any symptoms **four weeks or later** after being infected with COVID-19?

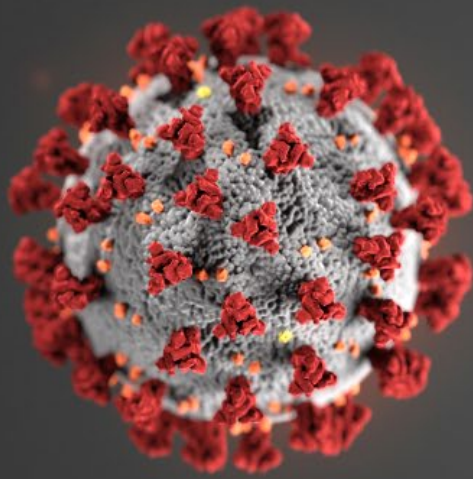
Among all of the post-COVID symptoms that you have experienced, which ones bothered you the most?

In the last 30 days, have any of these symptoms reduced your ability to carry out day-to-day activities compared with the time before you had COVID-19?

Do you still experience any of these symptoms now?

How long have these symptoms lasted?





Thank you!

The findings and conclusions in this report are those of the authors and do not necessarily represent the official position of the Centers for Disease Control and Prevention.

