



# Long COVID

AKA: long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), long-term effects of COVID, chronic COVID

Some people who have had COVID-19 can experience long-term effects from their infection, known as post-COVID conditions (PCC) or long COVID

## People who experience long COVID most commonly report:

- Tiredness or fatigue that interferes with daily life
- Symptoms that get worse after physical or mental effort (post-exertional malaise)
- Fever
- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Pounding heart (heart palpitations)
- Difficulty thinking or concentrating (brain fog)
- Headache
- Sleep problems
- Dizziness or lightheadedness
- Pins-and-needles feelings
- Change in smell or taste
- Depression or anxiety
- Diarrhea
- Stomach pain
- Joint or muscle pain
- Rash
- Changes in menstrual cycles



Approximately 1 in 5 adults ages 18+ have a health condition that might be related to their previous COVID-19 illness

COVID-19 survivors have twice the risk for developing pulmonary embolism or respiratory conditions

Some people are more at risk for long COVID, such as people who...

- Have experienced more severe COVID-19 illness, especially those who were hospitalized or needed intensive care
- Had underlying health conditions prior to COVID-19
- Did not get a COVID-19 vaccine
- Experience multisystem inflammatory syndrome (MIS) during or after COVID-19 illness
- Are affected by health inequities including people from racial or ethnic minority groups and people with disabilities

# Long COVID Resources

## RWJBarnabas Health Post-COVID Comprehensive Assessment Recovery and Evaluation (CARE) Program

Phone: 888-COVID94

Email: [postcovidcare@rwjbh.org](mailto:postcovidcare@rwjbh.org)

Barnabas Health Ambulatory Care Center, 200 South Orange Ave., Livingston, NJ 07039

## Pediatric Post-COVID Care Program RWJBarnabas Health

Phone: 888-COVID94

Email: [postcovidcare@rwjbh.org](mailto:postcovidcare@rwjbh.org)

Saint Barnabas Medical Center & Children's Hospital of NJ at Newark Beth Israel, 94 Old Short Hills Road, Livingston, NJ 07039

## AtlantiCare Post-COVID-19 Long-Haul Clinic

Phone: 609-484-7355

[Multiple Locations across NJ]

## University Hospital Comprehensive COVID-19 Recovery Program

Phone: 973-972-9000

150 Bergen St, Newark, NJ 07103

## Virtua Health Care After COVID Program

Phone: 856-325-3200

[www.virtua.org/services/care-after-covid](http://www.virtua.org/services/care-after-covid)

## Atlantic COVID Recovery Center

Phone: 908-522-3361

8 Saddle Road  
Cedar Knolls, NJ 07927

OR

1 Springfield Avenue  
Summit, NJ 07901