

COVID-19 Vaccines:

- ✓ Are safe and effective
- ✓ Help protect adults and children ages 6 months and older from getting severely ill with COVID-19 and helps protect those around them
- ✓ Help our bodies develop immunity to the virus that causes COVID-19
- ✓ Are recommended for everyone ages 6 months and older
- ✗ Cannot give you COVID-19
- ✗ Do not affect or interact with our DNA
- ✗ Do not contain preservatives, antibiotics, tissues (such as aborted fetal cells), animal material, food proteins, metals, or latex
- ✗ Data from American, European, and Canadian studies showed that approved COVID-19 vaccines did not increase risk for pregnancy complications

Know the facts. Learn more about COVID-19 at thewellnesscoalition.org/COVID.



The Wellness Coalition

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 TheWellnessCoalition  WellnessAlabama

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WHAT YOU
NEED TO KNOW
about

LONG COVID



The Wellness Coalition

What is Long COVID?

Some people who have had COVID-19 can experience long-term effects from their infection, known as “Long COVID.”

- Long COVID can include a range of ongoing health problems that can last **weeks, months, or longer**, and can sometimes result in disability.
- Long COVID may not affect everyone the same way. People may experience **health problems** from different types and combinations of symptoms happening over different lengths of time.
- It is **found more often** in people who had severe COVID-19 illness.
- People who are not vaccinated against COVID-19 and become infected may be at **higher risk** of Long COVID.
- There is **no test** to diagnose Long COVID.

How Do I Prevent It?

The **best way to prevent Long COVID** is to protect yourself and others from infection. Getting vaccinated and staying up to date with boosters against COVID-19 can help prevent infection and/or severe illness.



SCAN ME

Find a COVID-19 vaccination site by scanning the code or by visiting thewellnesscoalition.org/COVID.

SYMPTOMS of Long COVID



- Difficulty thinking or “brain fog”
- Changes in sense of smell or taste
- Headache
- Dizziness when standing up



- Tiredness or fatigue that makes daily life more difficult
- Shortness of breath
- Long-term cough



- Fast-beating or pounding heart
- Chest tightness or pain



- Hair loss
- Allergic rash
- Pins and needles feelings
- Joint or muscle pain



- Sleep problems
- Anxiety
- Depression
- Diarrhea
- Changes in menstrual cycles

