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 X
- 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

(334) 293-6502 | thewellnesscoalition.org 3060 Mobile Hwy, Montgomery, AL 36108

• The Wellness Coalition 🕑 WellnessAlabama

Made possible with funding from the Centers for Disease Control and Prevention.



about

The Wellness Coalition

What is Long COVID?

Some people who have had COVID-19 can experience longterm 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.



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

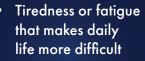
SYMPTOMS of Long COVID



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



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



- Shortness of breath
- Long-term cough
 - Fast-beating or pounding heart
- Chest tightness or pain
- Sleep problems
- Anxiety
- Depression
- Diarrhea
- Changes in menstrual cycles