

# COVID-19 Tip #16

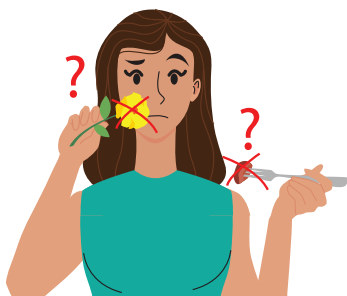
February 2021



## Long-Term Effects of COVID-19

After being sick with COVID-19, most people get better and return to normal health, but some patients can have symptoms that last for weeks or even months.

### Commonly reported long-term symptoms:



Loss of taste or smell



Joint pain



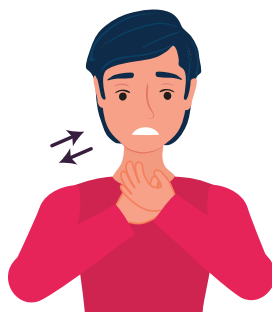
Frequent coughing



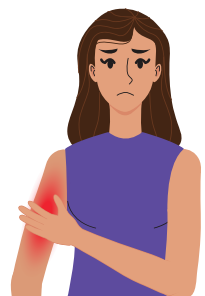
Feeling tired



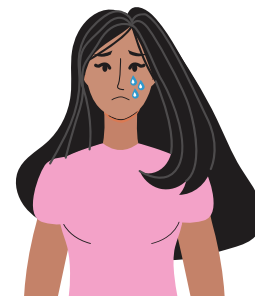
Difficulty concentrating



Difficulty breathing



Muscle pain



Feeling sad or depressed

### For those that were hospitalized because of COVID, other symptoms might include:



Problems with your kidneys



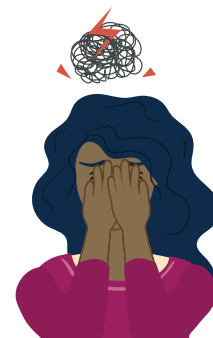
Trouble sleeping



Skin rashes or loss of hair



Diabetes that is harder to control than before COVID-19



Feeling stressed, tired, or anxious

If you have had COVID-19 and are still experiencing symptoms that worry you or make it hard to do things you normally do in the day, reach out to Project SALUD for a referral to a doctor near to where you live.

**352-575-8024**

For those in Alachua County, call the Mobile Outreach Clinic for an appointment at **352-273-5329**. This is a free clinic and there is assistance in Spanish if you request in advance.