

Long-Term Effects of COVID-19

Most people who have COVID-19 recover in 2 to 6 weeks with no long-term problems. But some people have health problems that last for weeks or months after they recover from the infection. This can happen even in cases where a hospital stay wasn't needed.

Common long-term effects of a COVID-19 infection include:

- Fatigue.
- Shortness of breath.
- A cough.
- Chest pain.

Some people also report having:

- Trouble thinking or concentrating ("brain fog").
- Depression or anxiety.
- Muscle or joint pain.
- A headache.
- A fever that comes and goes.
- A fast or pounding heartbeat (heart palpitations).

Other problems may include:

- An inflamed heart muscle.
- Lung problems.
- Kidney problems.
- Rashes and hair loss.
- Smell and taste problems.
- Problems with sleep.

If you've had COVID-19 and are having these problems, tell your doctor. Make sure the doctor knows that you had COVID-19.

Credits

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Author: Healthwise Staff

Medical Review: JoLynn Montgomery PA - Family Medicine & Heather Quinn MD - Family Medicine & Lesley Ryan MD - Family Medicine