

LONG COVID

WHAT IS LONG COVID? Long COVID is the name given to the ongoing and newly developed symptoms that affect some people for more than 12 weeks after having a COVID-19 infection. There are currently no specific diagnostic tests or Health Canada-approved cures or treatments for Long COVID.

WHO IS AFFECTED? Long COVID affects people of all ages. Both vaccinated and unvaccinated people can get Long COVID.

HOW DO WE STAY SAFE? The best way to keep ourselves safe from Long COVID is to prevent COVID-19 infection and reinfection by wearing a well-fitted respirator mask (e.g., N95), improving indoor air quality (e.g., open windows, ventilation, MERV-13 or HEPA air filtration), testing, and isolating when sick.



“Everyone fully recovers from COVID-19 within less than two weeks.”

FALSE. Many people will have symptoms that continue beyond two weeks, to varying degrees. Some people will have symptoms for several weeks to months. Some people will develop new symptoms over time.

“Positive thinking and pushing their limits can help people with Long COVID recover faster.”

FALSE. On the contrary, overexertion can worsen the symptoms of Long COVID and may contribute to their persistence over time. A compassionate and caring attitude towards oneself and others is needed.

“Long COVID only happens to older people who have comorbidities or who were hospitalized.”

FALSE. Although these are risk factors, many people with Long COVID had only mild symptoms at first, and some were even asymptomatic. Many young, healthy, fit people have Long COVID.

“Hand washing and social distancing are the best ways to reduce the risk of Long COVID.”

FALSE. COVID-19 is primarily airborne. It floats in the air like smoke. The best protective measures include wearing a well-fitted respirator mask (N95), ventilation, air filtration (MERV-13 or HEPA), testing, and isolating when sick.

About one out of every five adults in Canada have experienced long-term symptoms following a COVID-19 infection.