

# Recovering from COVID: Long COVID



Most people who get COVID-19 recover within 4 weeks and get back to their normal lives. Some people can take longer to fully recover and can have symptoms that last 2-3 months. If you are still sick after 3 months, you may have what is called "long COVID". Long COVID is rare. Studies suggest vaccinated people are less likely to have long COVID symptoms.

## Usual COVID Recovery



Symptoms usually last 2 to 4 weeks after you first get sick, and sometimes up to 12 weeks.

Symptoms will get better and you will get back to normal activities.

## Long COVID

Also known as **post-COVID condition**

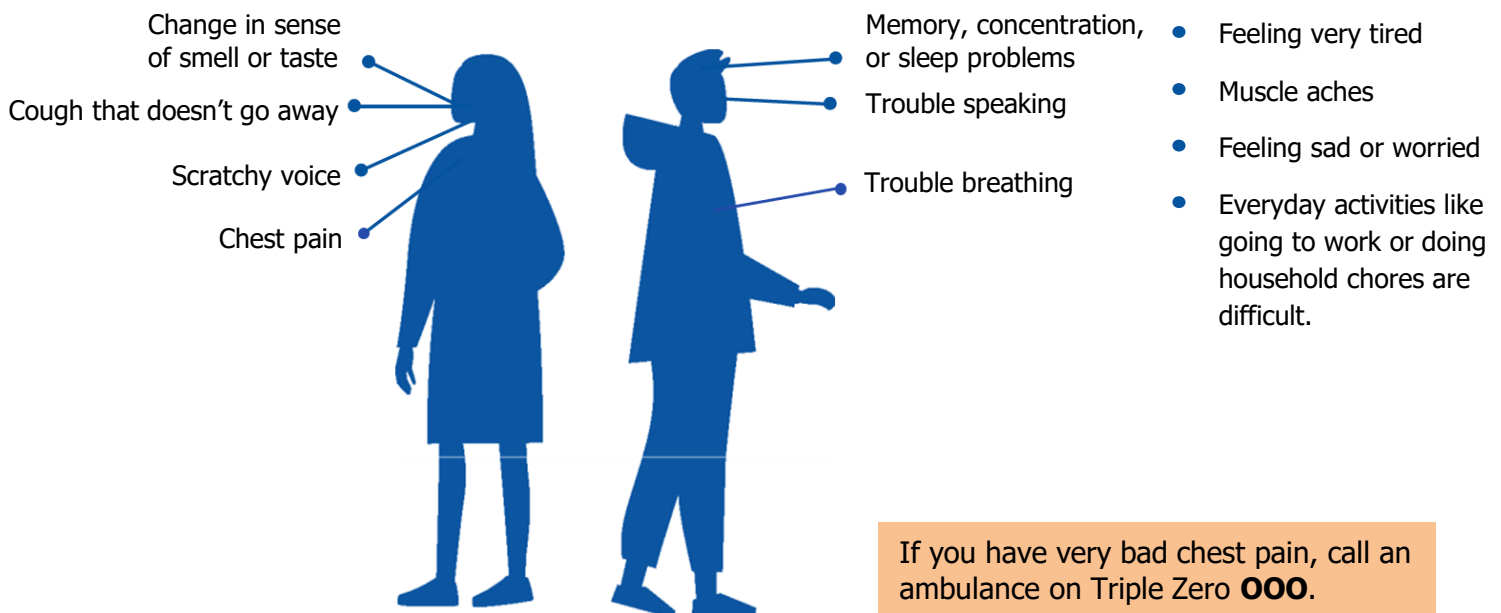
Diagnosed 3 months after your COVID-19 infection started.

Symptoms can be different from person to person. Symptoms may be the same as COVID-19, or new ones that are not from any another illness. Symptoms may also come and go.

It may be hard to continue normal activities.



## Common symptoms of post or long COVID (you may have one or more symptoms)



If you have very bad chest pain, call an ambulance on Triple Zero **000**.



**If your symptoms don't go away (you are not better) after 6 weeks speak to your doctor or health professional.** Your doctor will likely do some tests to see if your symptoms are caused by long COVID, or by another health condition. Most people make a full recovery, but the timing may be different depending on each person. Your doctor will help you manage your symptoms for

## Further information

National Coronavirus Helpline 1800 020 080. Press 8 for interpreter.



Queensland  
Government