

# Recovering from COVID: Post-COVID and long COVID



Most people who get COVID-19 recover quickly and get back to their normal lives. Some can take 2-3 months to fully recover and have some lingering symptoms. A smaller percentage of people might experience a longer recovery and can be worried about long COVID.

## Usual COVID Recovery



Symptoms can last from a few days to 6 weeks after initial infection, and sometimes up to 12 weeks.

Symptoms will improve and you will be able to get back to normal activities.

## Post or long COVID

Also known as post-COVID condition



You might have some symptoms that are still around after 12 weeks, which affect your pre-COVID levels of activity and which can't be explained by another diagnosis.

The vast majority of people get better in time.



**If your symptoms persist (you are not better after 6 weeks) speak to your doctor or health professional.** Your doctor might do some tests to understand why you might still feel unwell.

## Some key points if you are worried about long COVID:

- 1 Everybody recovers differently. A longer recovery is not unusual with viruses.
- 2 Take your time. Ease back into your regular activities, and avoid immediately returning to your pre-COVID exercise and activity levels.
- 3 Go to Queensland Health's Your Recovery from COVID-19 web page for some resources to help your recovery.
- 4 The vast majority of people get better in time.
- 5 If you have new symptoms more than 28 days after your COVID-19 infection, you should get a COVID-19 test.
- 6 Talk with your doctor or health professional if you're worried about your recovery.

## Further information

National Coronavirus Helpline 1800 020 080



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Call Triple Zero (000) or go to hospital if you have severe symptoms like:

- difficulty breathing even when moving around your home
- suddenly finding it hard to breathe or your breathing has gotten worse
- coughing up blood
- significant chest pain
- collapsing or fainting
- feeling cold and sweaty, with pale or blotchy skin
- a rash that looks like small bruises or bleeding under the skin and doesn't fade when you roll a glass over it
- feeling agitated, confused or very drowsy
- stopping peeing or peeing much less than usual.



For more serious symptoms you should seek urgent help. These include:

- Breathlessness with minimal activity
- Chest pain, racing heartbeat or dizziness
- Confusion that is getting worse
- Difficulty speaking
- Anxiety and depression that is getting worse
- New weakness in your body, especially on one side

Everyone's experience after COVID-19 will be different.

Your family and friends can help your recovery so reach out and ask for support if you need it.

Or call Lifeline on 13 11 14.



For more tips on recovering from COVID please refer to **Recovering from COVID** and **Breathing exercises** factsheets.

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