Stanford MEDICINE | Health Care

Long COVID

Most people who have COVID-19 recover in a few days to a few weeks. Some people have symptoms that last after the infection. This is often called Long COVID.

Common symptoms

Common symptoms include:

- Fatigue
- “Brain fog” (trouble thinking and concentrating)
- Headaches and body aches
- Sleep problems
- Mood changes
- Loss of smell and taste
- Coughing, shortness of breath, chest pain
- Belly pain, nausea, diarrhea

You do not need to have all these symptoms to have Long COVID.

Where you can get help

If you think you have Long COVID, tell your doctor. These resources can also help:

Stanford Health Care Post-Acute COVID-19 Syndrome (PACS) Clinic
Phone: 650-736-5200
Find out more information on the Stanford Health Care PACS Clinic website:
http://stanfordhealthcare.org/medical-clinics/long-covid-clinic.html

Survivor Corps
https://www.survivorcorps.com/pccc-ca

Frequently asked questions

Can I get Long COVID if I had mild or no COVID symptoms?
Yes, you still can get Long COVID.

Will I ever make a full recovery from Long COVID?
Many people do get better, but it takes time. We do not have enough information to say how long it will take to recover from Long COVID.

Should I get the COVID vaccine and booster if I have Long COVID?

As of November 2023, Centers for Disease Control and Prevention (CDC) guidelines state that patients with Long COVID can get the vaccine and boosters. If you do not have Long COVID, getting the COVID vaccine and boosters can lower your chance of getting Long COVID. Talk with your doctor if you have concerns and check the latest CDC guidelines.

What is the treatment for Long COVID?

Currently there is no cure for Long COVID. Doctors work with patients to develop individual management plans. The healthy strategies and resources below may help.

Healthy strategies and resources

Four healthy strategies:

- **Plan:** Schedule your week so you have a balance of hard and easy tasks. Take breaks.
- **Prioritize:** Decide what needs to be done and what can wait. Ask for help from others.
- **Pace:** Spread out activities. Rest before you feel tired.
- **Position:** Sit instead of stand. Sitting takes less energy.

More resources:

- CDC: Tips for Better Sleep
- https://www.cdc.gov/sleep/about_sleep/sleep_hygiene.html
- United States Department of Agriculture (USDA) Healthy Eating https://www.nutrition.gov/topics/basic-nutrition/healthy-eating