A. General information

What is Long COVID?
(What is Long COVID?)
• Long COVID is a condition that can develop after a person has had the coronavirus disease (COVID-19). Symptoms can persist or develop months or even years after the acute illness has resolved.

A. General information

What are the most common signs of Long COVID?
(What are the most common signs of Long COVID?)
• Long COVID can affect almost any body system. The most common signs include:

<table>
<thead>
<tr>
<th>System</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respiratory</td>
<td>Changes to your vision, Changes to your hearing, Ringing in your ears</td>
</tr>
<tr>
<td>Eye</td>
<td>Changes to your vision, Changes to your hearing</td>
</tr>
<tr>
<td>Digestive</td>
<td>Diarrhea, constipation, nausea and vomiting</td>
</tr>
<tr>
<td>Ear</td>
<td>Ringing in your ears, Changes to your hearing</td>
</tr>
<tr>
<td>Nervous System</td>
<td>Headaches, Sore throat</td>
</tr>
<tr>
<td>Circulatory System</td>
<td></td>
</tr>
<tr>
<td>Renal System</td>
<td></td>
</tr>
</tbody>
</table>

Why do some people get Long COVID?
(Why do some people get Long COVID?)
• Alberta: It's not clear why some people who have had COVID-19 continue to experience symptoms that affect their health. It's possible that some symptoms may be related to COVID-19, while others may be caused by underlying health conditions.

Why do some people get Long COVID?
(Why do some people get Long COVID?)
• Alberta: It's not clear why some people who have had COVID-19 continue to experience symptoms that affect their health. It's possible that some symptoms may be related to COVID-19, while others may be caused by underlying health conditions.

Why do some people get Long COVID?
(Why do some people get Long COVID?)
• Alberta: It's not clear why some people who have had COVID-19 continue to experience symptoms that affect their health. It's possible that some symptoms may be related to COVID-19, while others may be caused by underlying health conditions.
**FAQ** - Long COVID Symptoms or Health Concerns - Frequently Asked Questions

- **Fast or irregular heart beat**
- **Fever**
- **Feeling dizzy**
- **Skin rash**
- **How long will I have Long COVID problems?**

- **Are people with Long COVID still contagious?**

- **When and where to find help**

- **When should I call 911 or go to the Emergency Department?**

- **When should I see my doctor?**

---

Alberta Health Services
How can I get information and help if I have signs of Long COVID?

- Visit the Health Link website (811) here: [Health Link](https://www.healthlink.ab.ca)
- Call the Mental Health Help Line (1-877-303-2642) here: [Mental Health Help Line](https://www.albertahealthservices.ca/mental-health-help-line)
- Call the Mental Health Services here: [Alberta Health Services](https://www.albertahealthservices.ca/services/mental-health-and-addictions)
- Call the Alberta Healthy Living Program here: [Alberta Healthy Living Program](https://www.albertahealthservices.ca/services/healthy-living-program)
FAQ_Patients_2021-
07-16_v1

I live in a small community. Will I be able to get the same help as someone living in a big city?

- Alberta Health Services will be providing care in all communities, including Calgary and Edmonton.
- Alberta's COVID-19 vaccine program will also be available in all communities, including Calgary and Edmonton.

I can't afford the treatment my healthcare team says I need. What can I do?

- Alberta Health Services and Alberta's COVID-19 vaccine program are available in all communities, including Calgary and Edmonton.

C. Vaccination

If I think I have Long COVID should I still get vaccinated?

- Alberta Health Services and Alberta's COVID-19 vaccine program are available in all communities, including Calgary and Edmonton.