

Common Post-COVID Long-Haul Effects

According to a survey of 1567 "long-haulers," there are nearly 100 reported long-term effects from COVID-19! These are the most common complaints and the percentage of people reporting them (many long-haulers have several effects):

- 100% Fatigue
- 67% Muscle or body aches
- 65% Shortness of breath or difficulty breathing
- 59% Difficulty concentrating or focusing
- 59% Inability to exercise or be active
- 58% Headache
- 50% Difficulty sleeping
- 48% Anxiety
- 46% Memory problems
- 42% Dizziness

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Washington State
Hospital Association