



THE BEST WAY TO AVOID LONG COVID IS NOT TO GET IT.

About 20-30% of people who get infected with COVID continue to suffer from many symptoms and ailments caused by the virus. These ailments can last from 4 weeks until many months and years after having COVID-19. This is called Long COVID.

SYMPTOMS

- fatigue
- head and body aches
- breathing problems
- mood changes
- stomach issues
- difficulty thinking

7 TIPS FOR PROTECTING YOUR FAMILY

1. Wash your hands
2. Sneeze/cough into your elbow away
3. Keep your hands away from your face after touching public items.
4. Mask up in crowded spaces
5. Get Vaccinated or have a booster shot
6. Avoid close contact when you or others show signs of having a cold, the flu, or COVID
7. Practice Self-care by getting proper sleep and drinking adequate amounts of water

