

Recovering from COVID: Long COVID



Most people who get COVID-19 recover within 2-6 weeks and get back to their normal lives. Some people can take longer to fully recover and can have symptoms that last 2-3 months. If you are still sick after 3 months, you may have what is called "long COVID". Long COVID is rare. Studies suggest vaccinated people are less likely to have long COVID symptoms.



Usual COVID Recovery



Symptoms usually last 2 to 6 weeks after you first get sick, and sometimes up to 12 weeks.

Symptoms will get better and you will get back to normal activities.

Long COVID

Also known as post-COVID condition
Diagnosed 3 months after your COVID-19 infection started.



Symptoms can be different from person to person. Symptoms may be the same as COVID-19, or new ones that are not from any another illness. Symptoms may also come and go.

It may be hard to continue normal activities.

Common symptoms of post or long COVID (you may have one or more symptoms)

Loss of smell or taste
Cough that doesn't go away

Scratchy voice

Chest pain



Memory, concentration or sleep problems

Trouble speaking

Trouble breathing



- Feeling very tired
- Muscle aches
- Feeling sad or worried
- Everyday activities like going to work or doing household chores are difficult.

If you have very bad chest pain, call an ambulance on Triple Zero **000**.



If your symptoms don't go away (you are not better after 6 weeks) speak to your doctor or health professional. Your doctor will likely do some tests to see if your symptoms are caused by long COVID, or by another health condition. Most people make a full recovery, but the timing may be different depending on each person. Your doctor will help you manage your symptoms for your recovery.

Further information

National Coronavirus Helpline 1800 020 080. Press 8 for interpreter.



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