

Long COVID social media toolkit

Campaign name: Long COVID is real

Hashtag: #LongCOVIDIsReal.

Audience: General public


Please share the below messages and images with your networks to promote awareness among the general public about Long COVID. English photos are available on page 2. Translated toolkits are available in [this Google Drive](#) and are linked on page 3.

- **Long COVID is a real condition.** A person who has had COVID-19 may notice symptoms lingering for weeks or even months after they've ended isolation. If you think you're experiencing Long COVID, contact a healthcare provider to talk about your symptoms.
- **Have you noticed symptoms remaining for weeks or months after you had COVID-19? You're not alone.** Long COVID is a real condition, and it's impacting millions of Americans. If you think you're experiencing Long COVID, contact a healthcare provider to talk about your symptoms.
- **Anyone who had COVID-19 can develop Long COVID, but some people are at higher risk.** If you have an underlying condition or were hospitalized with COVID-19, you may notice symptoms lingering for weeks or even months. If you think you're experiencing Long COVID, contact a healthcare provider.
- **If you think you have Long COVID, talk to a healthcare provider about your symptoms.** There isn't a cure yet, but a provider can help you manage your symptoms and connect you with resources.
- **Long COVID is a real condition, but, luckily, most people get better over time.** There isn't a cure yet, but a healthcare provider can help you manage your symptoms and connect you with resources.
- **Long COVID affects children, too.** Children can experience fatigue and difficulty concentrating for weeks or months after having COVID-19. The good news is that not as many children seem to be affected as adults and that symptoms go away after a few months. If you think your child may have Long COVID, contact a pediatrician to talk about symptoms.
- **Studies show that, around the world, women may experience Long COVID more than men.** Scientists are working to understand why. If you think you have Long COVID, talk to your healthcare provider about your symptoms.
- **Staying up to date with your vaccines is the best way to prevent serious outcomes from COVID-19, including Long COVID.** Vaccines can't stop every infection, but people who are vaccinated and get COVID-19 are less likely to experience Long COVID. To find vaccine near you, visit [vaccines.gov](https://www.vaccines.gov).



Long COVID is real.

If you had COVID-19, you may notice some symptoms continue for weeks or months.




Fatigue Shortness of breath Chest pain or tightness Cough Loss of taste or smell Body aches

If you think you have Long COVID, contact a healthcare provider to talk about your symptoms.

Learn more: aboutlongcovid.org


LONG COVID INITIATIVE



The above image is available to download for [Facebook/Twitter](#), [Instagram](#), and [Stories](#)

Long COVID is real.

Nearly 1 in 5 American adults who had COVID-19 still have symptoms 3 months later.*




Symptoms may include fatigue, shortness of breath, a cough, or body aches.
If you think you have Long COVID, contact a healthcare provider to talk about your symptoms.

*According to information from the Centers for Disease Control and Prevention: bit.ly/3V2JF8A.

Learn more: aboutlongcovid.org

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Long COVID is real.

Early research shows some people are at higher-risk for having long-term symptoms after their initial COVID-19 diagnosis.



People who are older than 65 People who were very sick with COVID-19 People with underlying health conditions Women People who didn't get their COVID-19 vaccines

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Translated social media messages and images are available for download online at the links below or in [this Google Drive folder](#).

- [Arabic](#)
- [Cape Verdean Creole](#)
- [Chinese](#)
- [French](#)
- [Haitian Creole](#)
- [Hmong](#)
- [Khmer](#)
- [Kinyarwanda](#)
- [Laotian](#)
- [Portuguese](#)
- [Spanish](#)
- [Swahili](#)

Thank you for your help amplifying these important messages. For more information about COVID-19 and related resources, visit covid.ri.gov.

