



First Nations Health Authority
Health through wellness

Do I Have Post-COVID-19?

Symptoms of COVID-19 lasting longer than 3 months may be Post-COVID-19:

Cough

Brain Fog

Post Traumatic
Stress disorder

Taste and smell changes

Dizziness

Headaches

Hair loss

Fever

Depression/
Anxiety

Skin
rashes

Sore throat/
difficulty swallowing

Ringing in ears

Breathlessness

Chest pain

Fatigue/
Sleep disturbance

Weight loss

Heart palpitations

Nausea, Abdominal
pain, Diarrhea

Joint and
muscle Pain

Contact your health care provider if you have concerns.
More assessment may be needed to rule out other causes.
You may be referred to a Post-COVID-19 clinic if certain criteria is met.

For more information on Living with Post-COVID-19 and
recovery visit phsa.ca/health-info/post-covid-19-care-recovery

