

Plain English social media copy:

Long COVID can affect anyone who has ever had COVID, regardless of their age or severity of the illness.

- These symptoms may be signs of Long COVID:
- fatigue
- change in taste and smell
- chest pain
- memory and concentration problems
- anxiety or low mood
- trouble breathing
- difficulty sleeping
- headaches

longcovidhelp.org.au is a multilingual resource about Long COVID, created in partnership with the Department of Health. It is a library of information about symptoms, prevention, and treatment of long COVID. Check it out today and share it among your peers.

Hashtags:

#Covid #Longcovid #Anxiety #Fatigue #Tiredness