

Understanding Your Risk for Post-COVID Symptoms

After you have recovered from the initial phase of illness resulting from a positive COVID-19 diagnosis, you may notice lingering symptoms or other health issues that you did not experience prior to your diagnosis. Even if your experience with COVID-19 was mild or asymptomatic initially, you may begin to develop new symptoms in the months following diagnosis. While older patients are at an increased risk for severe disease, young and otherwise healthy patients may also exhibit challenging symptoms months after their initial illness.

Evidence of these post-COVID symptoms is continuously growing and evolving, so it's important that you remain watchful of your health to receive the ongoing care that you need. Maimonides physicians are among those leading the effort to better understand and care for COVID-19 survivors who continue to battle these post-COVID symptoms.

The most common post-COVID symptoms include:

- Fatigue
- Difficult or labored breathing
- Cough
- Joint pain
- Chest pain
- Cognitive impairment
- Depression
- Anxiety
- Myalgia
- Headache
- Fever
- Palpitations

More serious complications that appear to be less common include:

- Myocardial inflammation (inflammation of the heart muscle)
- Ventricular dysfunction (problems with the heart pumping blood)
- Pulmonary function abnormalities (issues in your respiratory system)
- Acute kidney injury
- Rash
- Alopecia
- Olfactory and gustatory dysfunction (a loss or lack of smell and taste)
- Sleep dysregulation
- Altered cognition
- Memory impairment
- Changes in mood

These symptoms may result from a variety of factors stemming from your experience with COVID-19 itself or from your personal health history. These factors include:

- Organ damage from initial illness phase
- Persistent hyperinflammatory state
- Ongoing viral activity
- Inadequate antibody response
- Physical deconditioning from a difficult initial illness phase or from prior to the disease
- Pre-existing health conditions
- Psychological symptoms following a difficult or long initial illness phase, as well as due to the lifestyle changes associated with the pandemic