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31 I had COVID last winter, and I still feel off. Is this 'long COVID'?

Data suggests that more than half of COVID survivors wind up with post-acute COVID-19 syndrome. It's marked by extended breathing problems, brain fog, headaches and joint pain. Studies show that the virus may persist in the heart, brain and spinal fluid for months after the initial infection has run its course. If you have persistent post-COVID health problems, see your doctor. →