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# Protect Yourself From Long COVID: Get Vaccinated

Some people who get COVID can have symptoms that last for many weeks or months—a condition called “long COVID.”

Commonly reported long COVID symptoms include:

- Feeling very tired
- Cough
- Trouble breathing or shortness of breath
- Aches and pains
- Brain fog (trouble thinking or remembering things)
- Trouble sleeping
- Mood changes
- Loss of smell or change in taste
- Fever

Long COVID can affect people of all ages.

Lower your chances of getting long COVID by staying up to date with your COVID vaccine.

**Find COVID vaccines near you  
at [vaccines.gov](https://www.vaccines.gov).**

