

# Post-COVID Conditions:

A Clinician's Guide to Prevalence and Risk Factors

## What are post-COVID conditions (PCC)?

PCC is a term encompassing a wide range of physical and mental health problems that can persist or develop **4 weeks or more** after initial COVID-19 infection. These conditions can affect individuals who experienced **mild, asymptomatic, or severe** infections.



In the US alone,

**48**

**million**

people have experienced PCC.

## Nearly 1 in 20

Americans currently live with its symptoms.\*



## Who is most at risk?

While anyone can develop PCC, certain groups have a higher risk:

- **Individuals with severe COVID-19:** Particularly those who needed intensive care.
- **People with underlying health conditions:** Diabetes, asthma, obesity, etc.
- **Unvaccinated individuals:** Vaccination significantly reduces the risk of PCC.
- **Those with multisystem inflammatory syndrome (MIS-C/MIS-A):** Seen in children and adults after COVID-19.

### Additional factors to consider:

- Women may be more susceptible to PCC than men.
- Individuals with repeated COVID-19 infections might face increased risk.

## What is the long-term outlook?

Since COVID-19 is relatively new, the long-term prognosis for PCC remains uncertain. For many, symptoms improve **within 3 months**. However, others experience persistent symptoms **for years**. The course of recovery can vary, with some symptoms improving while others linger.

## Research is ongoing

While there's no cure yet, treatments for PCC can help manage symptoms, improve quality of life, and support recovery. Research is ongoing to find more ways to help people recover fully.



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\*National estimates from October 2023. Prevalence varies by state.

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