

A man with dark hair and a beard, wearing a light green sweater, is holding a young girl with brown hair in a pink hoodie. The girl is leaning her head against his shoulder. The background is a blurred indoor setting with a window and some greenery.

How can I protect myself from **LONG COVID?**



Federal Ministry
of Health

Long haulers, medical fraternity, and our society have questions on long-term effects of a COVID-19 illness. We offer reliable information, scientific knowledge, and offers for help.

Answers. Findings. Help.

The Long COVID Initiative of the Federal Ministry of Health

bmg-longcovid.de