



# 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](https://bmg-longcovid.de)**