



About Pan End It!

Pan End It! arose in early 2022 as an outlet for our growing rage at the state negligence and intentional obfuscation of the ongoing COVID-19 pandemic. We are a disabled, ill, and immunocompromised-led group that envisions a world where disabled people everywhere enjoy safety, not just from COVID-19 but also the conditions that enabled this pandemic to wreak the havoc it has. We organize for policies and practices that can reduce the burden of COVID-19 in the lives of the most impacted members of our community, engage in education and outreach, and support our community members in advocating for safe care and access to public life.

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[panendit.com](#)

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Signs & Symptoms of Long COVID

a zine by Pan End It!

There are currently more than 200 identified symptoms of Long COVID. These are only some of the clinically identified symptoms a person experiencing Long COVID may deal with on any given day. COVID and Long COVID affect the entire body, causing devastating and often permanent damage to every system in the human body.

The symptoms listed here are a non-exhaustive list, and you should report any new or worsening symptoms to a medical provider. If you aren't able to access a medical provider or you are uninsured, check your local or state department of health for free telehealth services or other clinics. You can also access a list of resources at PanEndIt.com.

The best way to protect yourself and those around you from Long COVID is to prevent COVID infections or limit further reinfections.

Abdominal pain
Abnormal menstrual/period pain
Abnormally heavy periods/clotting
Abnormally irregular period
Acute (sudden) confusion
Aggression
Agnosia
Air hunger
Allergies, new or worsened
Altered sense of smell
Altered sense of taste
Anaphylaxis, new or worsened
Anger
Apathy
Awakened by feeling inability to breathe
Balance issues
Bladder control issues
Bloating
Bloodshot eyes

Skin rashes
Skin sensations
Sleep apnea
Slowed thoughts
Slurring words/speech
Sneezing
Sore throat
Speaking unrecognizable words
Stiff neck
Suicidality
Swelling
Tachycardia
Tearfulness
Temperature lability
Thoughts moving too quickly
Tightness in chest
Tingling/pins and needles
Tinnitus
Total loss of vision
Tremors
Trouble swallowing
Tunnel vision
Vertigo
Vibrating sensations
Visibly inflamed/bulging veins
Vivid dreams
Vomiting
Waking up early in the morning
Waking up several times at night
Weakness
Weight loss

Neuralgia (nerve pain)
Night sweats
Nightmares
Numbness in ear
Numbness
Numbness/weakness
Orthostatic intolerance
Pain after mental exertion
Pain after physical exertion
Pain in chest
Pain in testicles
Palpitations
Petechiae
Phantom smells
Phantom taste
Poor attention
Post Exertional Malaise
Post-Menopausal bleeding
Rattling of breath
Redness on the outside of eyes
Restless leg syndrome
Runny nose
Seeing things in your peripheral vision
Sensation of brain pressure
Sensation of brain warmth/on fire
Sense of doom
Sensitivity to light
Sensitivity to noise
Sexual dysfunction
Shingles
Short-term memory loss
Shortness of breath

Bloody nose
Blurred vision
Bone ache or burning
Bradycardia
Brain fog
Breathing difficulty (normal O2 level)
Brittle or discolored nail
Burning in chest
COVID toe
Changes to non-primary language
Changes to the ear canal
Chills
Cold sweats
Coldness
Conjunctivitis
Constipation
Cough with mucus production
Coughing up blood
Decrease in size of testicles/penis
Delusions
Depression
Derealization/Depersonalization
Dermatographia
Diarrhea
Difficulty communicating in writing
Difficulty communicating verbally
Difficulty comprehending speech
Difficulty executive functioning
Difficulty falling asleep
Difficulty finding the right words
Difficulty problem-solving
Difficulty processing written text

Difficulty speaking
Difficulty swallowing
Difficulty thinking
Disinhibition
Dizziness
Double vision
Dry eyes
Ear pain
Early Menopause
Electrical zaps/electrical shock sensation
Elevated temperature (98.8-100.4F) Euphoria
Extreme thirst
Eye pressure or pain
Facial numbness
Facial paralysis
Facial pressure
Fainting
Fatigue
Feeling full quickly when eating Feeling of suffocation
Fever ($\geq 100.4F$)
Floaters
Flushing
Forgetting how to do routine tasks
Gastroesophageal reflux
Hallucinations, Auditory
Hallucinations, Tactile
Hallucinations, Visual
Headaches after mental exertion
Headaches after physical exertion
Headaches, new or worsened
Hearing loss
Heartburn

Heat intolerance
Heightened sense of smell
Heightened sense of taste
Hyperactive bowel sensations
Hypomania
Impulsivity
Inability to cry
Inability to make new memories
Inability to yawn
Inflammation
Insomnia
Irritability
Itchy eyes
Itchy skin
Joint pain
Long-term memory loss
Loss of appetite
Loss of sensation
Loss of smell
Loss of taste
Low temperature
Lucid dreams
Lump in throat
Malnutrition
Mania
Migraines, new or worsened
Mood lability
Muscle aches
Muscle cramps
Muscle rigidity
Muscle spasms
Nausea