

# Headache & LONG COVID



Long COVID-19 can lead to:



Onset of migraine disease or headache disorders



Worsening of existing headache disorders



About **1 in 5 people** with long COVID report headache.

It occurs most often in middle-aged women.

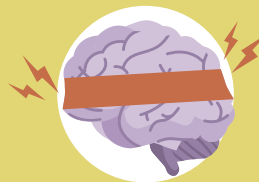
Long-COVID headache can be:



Migraine with aura



Chronic migraine



Tension headache

Long-COVID headache may accompany:



Fatigue



Cognitive disfunction



Sleep disturbances



Ongoing loss of smell

**Long COVID:**

The persistence of symptoms for weeks or months after COVID-19 recovery.



**Why?** Headache may stem from COVID-19's persistent activation of the immune system. The exact cause of long-COVID headache is still unclear.

## Treatment

Patients experiencing long COVID should be screened for headache.

Long-COVID headache requires tailored, multidisciplinary treatment. Continued research and training are also critical.



Sources: [Practical Neurology](#), [J Headache Pain](#)