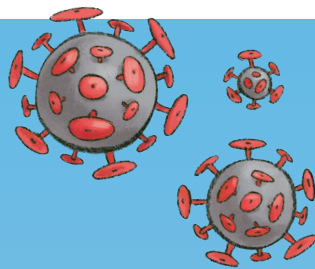


LONG COVID

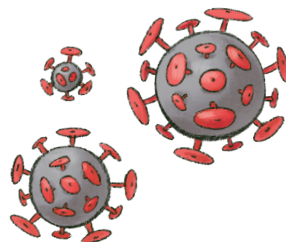
What to Know



Recovering from a COVID-19 infection can take days or weeks. But for some people, recovery can take much longer. When this happens, it is called long COVID. Though much is still unknown about long COVID, scientists are starting to gain a better understanding of the disease. Here is what to know.

What is long COVID?

- ◆ Most people with COVID-19 get better within a few days to a few weeks after infection.
- ◆ If you have new, continuing, or returning symptoms after you have tested negative for the disease, it could be long COVID.



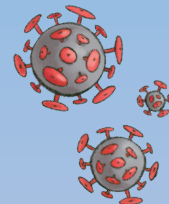
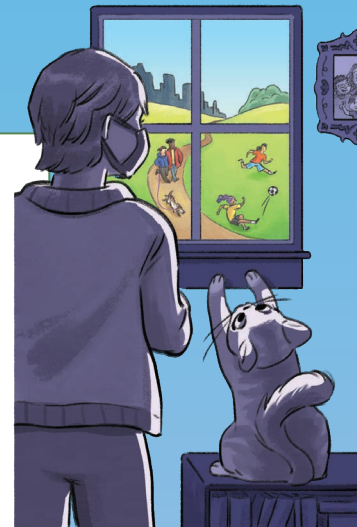
Who gets long COVID?

- ◆ Long COVID can happen to anyone infected with COVID-19.
- ◆ Even someone with mild or no initial symptoms of COVID-19 can get long COVID.
- ◆ People who are not vaccinated against COVID-19 and become infected may have a higher risk of long COVID, compared to people who were vaccinated and had breakthrough infections.



Symptoms of long COVID vary.

- ◆ Sometimes the symptoms go away and then come back again.
- ◆ The most common symptoms include:
 - ✓ Extreme tiredness
 - ✓ Shortness of breath
 - ✓ Chest pain or tightness
 - ✓ Persistent cough
 - ✓ Joint or muscle pain
 - ✓ Headache or dizziness
 - ✓ Fast-beating heart
 - ✓ Upset stomach
 - ✓ Changes to smell or taste
 - ✓ Sleep problems
 - ✓ Anxiety or depression
 - ✓ Not being able to concentrate or focus
- ◆ Long COVID can make an existing medical condition worse.



Are there treatments for long COVID?

- ◆ Currently there is no specific treatment for long COVID. Instead, doctors have been treating each symptom individually.
- ◆ Most cases of long COVID will get better over time. But doctors say we can expect some people will have lifelong impacts to their health, including permanent disability.
- ◆ If you suspect you may have long COVID, talk with your doctor. Find out if there are any providers in your area that specialize in treating long COVID.
- ◆ Counseling and support groups can help with the mental and emotional effects of long COVID.

How do you cope with long COVID?

- ◆ Be patient. Healing takes time.
- ◆ Try meditation or other relaxation exercises to manage stress.
- ◆ Take short walks every day if you can.
- ◆ Stretch to ease joint and muscle pain.
- ◆ Eat a healthy, balanced diet. Avoid processed, high-fat, high-sugar foods.
- ◆ Drink water.
- ◆ Avoid alcohol and other drugs.
- ◆ If brain fog is an issue, get support from family or friends that can help with daily tasks and planning.



Can I prevent long COVID?

- ◆ Not getting COVID-19 is currently the only way to prevent long COVID. But getting at least two doses of a COVID-19 vaccine can significantly reduce your chance of developing long COVID, even if you have a breakthrough infection.
- ◆ To prevent COVID-19:
 - ✓ Get vaccinated and keep current with available boosters.
 - ✓ Wear an N95, KN95, or other high quality mask when indoors in a public setting, as well as outdoors if you are around a large group of people.
 - ✓ Wash or sanitize your hands often.
- ◆ Stay home and get tested if you feel sick.
- ◆ Follow public health travel guidelines.



If you or someone you care for is dealing with long COVID, help is available. To learn more about services and support for people experiencing long COVID, visit www.covid.gov/longcovid.



TARCOG

**7037 Old Madison Pike, Suite 450
Huntsville, AL 35806
(256) 830-0818**

www.tarcog.us