



What is Long-COVID?

- Long COVID is a condition where people continue to experience COVID-19 symptoms for longer than usual after initially contracting the COVID
 - Symptoms might persist from their initial illness **or** develop after recovery.
 - They can come and go **or** relapse over time.



1 in 5

Adult Americans have reported having lingering symptoms

RESOURCES:

- Civil Rights and COVID-19
 - <https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/index.html>
- How ACL's Disability and Aging Networks Can Help People with Long COVID
 - https://acl.gov/sites/default/files/COV1D19/ACL_LongCOVID.pdf
- Accommodating Employees with COVID-19 or Long COVID
 - <https://askjan.org/blogs/jan/2021/03/Accommodating-Employees-with-COVID-19-or-Long-COVID.cfm>
- Accommodation Strategies for Returning to Work During the COVID-19 Pandemic
 - <https://askjan.org/blogs/jan/2020/08/accmodation-strategies-for-returning-to-work-during-the-covid-19-pandemic.cfm>
- Long COVID or Post-COVID Conditions
 - <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
- Department of Labor - Job Accommodations for Workers
 - <https://www.dol.gov/agencies/odep/topics/coronavirus-covid-19-long-covid/workers>

Contact and follow us to stay up to date on CHW efforts:

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Arizona Community Health Worker Association, Inc.

Our Health After COVID

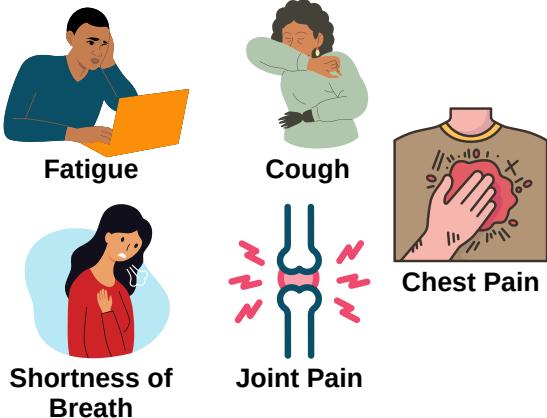
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COMMON LONG COVID SYMPTOMS

Long COVID symptoms aren't a one size fits all. Research is showing us that each person will have different symptoms.



Other symptoms reported are:

- Brain fog
- Depression
- Muscle pain
- Headache
- Fever
- Heart Palpitations

Multiorgan Effects and Autoimmune Conditions

Some people who had severe illness with COVID-19 may experience multiorgan effects or autoimmune conditions over a longer time:

- **Symptoms include:**
 - Inflammation of the heart muscle
 - Abnormal lung function
 - Severe kidney injury
 - A rash
 - Hair loss

THINK YOU MIGHT HAVE LONG COVID? *Do a self-check!*

The goal is to compare your health now, to how it was before getting COVID.

Ask yourself

How am I feeling now after having COVID compared to before I got COVID?

How is my breathing when at rest or getting dressed, then and now?

Am I becoming extremely tired more easily compared to before my illness?

Learn more about Long COVID warning signs here



If you have any concerns about your health, seek medical attention!

VISITING A HEALTH CARE PROVIDER

Although it is challenging, visiting a doctor or health care provider can help offer support in understanding the symptoms you are experiencing.

Before the appointment:

- Journal your symptoms
- Make a list of questions
- Keep record of your current medications

During the appointment:

- Discuss your symptoms or issues
- Share your medical information with your provider
- Ask your own questions
- Make sure you understand the next steps.

After the appointment:

- Make follow-up appointments
- Follow provider's instructions
- Journal your symptoms (especially any new changes)

Follow the Healthcare Appointment Checklist for Post-COVID Conditions:

The checklist is designed to help patients and caregivers get the most out of the appointments with healthcare providers for post-COVID conditions.



Scan QR Code to Visit CDC Checklist