



## Defining Long COVID

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

### Key Terms:

- **Acute COVID:** First 3 weeks after infection
- **Post-acute COVID:** The period after the first 3 weeks and before 3 months
- **Long-COVID:** 3 months after with no end point
- **19% of adults** are currently still having symptoms of "long COVID"
- **25.24% of children and adolescents** suffer from long-COVID symptoms

## RESOURCES TO SUPPORT CLIENTS



**Patient Advocate Foundation**

The Patient Advocate Foundation helps people with chronic and debilitating illnesses with financial aid and copayment relief.



Use the federal government's Benefit Finder tool to search for benefits. Temporary Assistance for Needy Families may provide funds while you wait to receive benefits such as Social Security disability or unemployment.



**Disability Information & Access Line**

DIAL can provide information and connect you to services you may be eligible for. They can also help you get vaccinated if you're having trouble finding vaccine sites or making appointments.



ADRCs' serve older adults and people with all types of disabilities. ADRCs can help you determine eligibility and connect you to organizations, critical resources, and services.

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

[www.azchow.org](http://www.azchow.org)

[@azchow](https://www.instagram.com/azchow)

[@arizonachw](https://www.facebook.com/arizonachw)

[info@azchow.org](mailto:info@azchow.org)

[@Az\\_CHOW](https://twitter.com/Az_CHOW)



Arizona Community Health Worker Association, Inc.

# Our Health After COVID

*CHW Guide to Long -COVID*



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# Supporting People with long-COVID

The unknown and long-term nature of long COVID can create stress.

- Taking steps to understand the person's experiences might make them feel less isolated.

## Tips from the CDC:

### 1 Listen with compassion

Listen, give feedback and validate what they're going through.

### 2 Start a conversation to gain understanding

After listening with compassion, directly ask "what they need?"

### 3 Determine how you can help with what they need

As a CHW your ability to help might be limited but you can help a client identify others to lean on.

Scan QR Code to Visit CDC Tips



## Explaining long-COVID to employers

### ACCOMMODATING EMPLOYEES WITH COVID-19 OR LONG COVID

- Resource providing many ideas in what accommodations can be requested and provided

### ACCOMMODATION STRATEGIES FOR RETURNING TO WORK DURING THE COVID-19 PANDEMIC

- In order to keep businesses operating in a COVID-19 pandemic world, employers and employees are finding innovative, creative, and productive ways to continue to do work

### U.S. Department of Labor Resource:

Coronavirus Resources > Employers

Scan QR Code to Visit Site



## The 4 A's of a Mental-Friendly Workplace

Information on how long COVID can affect employees, the workplace, and how employers can support and retain employees with long COVID.

1

AWARENESS

Build Awareness and a Supportive Culture

2

ACCOMMODATIONS

Provide Accommodations to Employees

3

ASSISTANCE

Offer Employee Assistance

4

ACCESS

Ensure Access to Treatment