

FAQ:

Q: What is Long Covid?

A: Long Covid is described as symptoms of COVID-19 that are persistent beyond 12 weeks of initial infection. Studies show that up to 35% of people diagnosed with COVID-19 have persistent symptoms. The most common symptoms include fatigue, “brain fog”, shortness of breath, cough, chest pain and headache.

Q: How long will my symptoms last for?

A: Unfortunately, the long-term impact of COVID-19 is not yet well understood. There is no evidence suggesting a timeframe in which symptoms will resolve.

Q: Are there any treatments that can help with symptoms?

A: Again, there is not yet enough evidence to demonstrate any one treatment for Long Covid. If you are experiencing persistent symptoms after a COVID-19 infection, book an appointment to see your family doctor. They may recommend bronchodilators or pulmonary rehabilitation for those with persistent breathing impairment.

References:

Gaffney, A. (2022). *The long COVID conundrum*. The American Journal of Medicine. 135(1): 5-6.

van Kessel S., Hartman, T., Lucassen, P., van Jaarsveld, C. (2022). *Post-acute and long-COVID 19 symptoms in patients with mild diseases: a systematic review*. Family Practice. 39(1): 159-167.

Helpful Tips for Long Covid & Fatigue

- Pace yourself throughout the day to conserve energy, take frequent breaks as needed.
- Prioritize tasks by location to avoid backtracking
- Use of assistance tools such as shoehorns or grab bars to maintain independence with tasks
- Take note of when in the day you have the most energy. Try to schedule errands or larger tasks during that time.
- Schedule your rest time. Give yourself permission to relax and recover
- Despite fatigue or lack of appetite, try to maintain proper nutrition. Try to eat smaller, more frequent meals throughout the day. If prescribed, administer bronchodilators before eating.
- Strengthen muscles of breathing using our video: _____(insert video)

Other Resources:

COVID-19 long haulers: Why are they still sick? <https://www.youtube.com/watch?v=AKUavgRA0QE>

Facebook Covid Long-Haulers Support Group Canada:
<https://www.facebook.com/groups/920314451799658/>

Long Covid and Self-Management: [https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(21\)02798-7/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(21)02798-7/fulltext)

COVID-19 Resources for Patients and Families:

<https://guides.hsict.library.utoronto.ca/c.php?g=716817&p=5171775>

