

RESOURCES FOR PEOPLE LIVING WITH LONG COVID

WHAT IS LONG COVID?

- **World Health Organization:** [Post COVID-19 condition \(Long COVID\) \(who.int\)](https://www.who.int)
- **Government of Canada:** [Post-COVID-19 condition \(long COVID\) - Canada.ca](https://www.canada.ca)
- **Government of Canada:** [Initiatives on COVID-19 \(science.gc.ca\)](https://www.science.gc.ca)
- **Long COVID Web:** [Home](#) | [Long COVID Web](#)
- **Long COVID Physio:** [Long COVID Physio](#); [COVID-19: Briefing papers](#) | [World Physiotherapy](#)
- **Centre for Disease Control:** [Long-COVID Related Brain Fog, Fatigue, and Mental Health Changes - YouTube](#)
- **Patient:** [Long COVID: what support is available?](#) | [Patient](#)

WHAT SHOULD PEOPLE EXPERIENCING LONG COVID DO?

1. Begin by **consulting your family physician, nurse, or nurse practitioner** for a proper diagnosis. They can arrange for **referrals** to the following doctors or rehabilitation professionals as needed:
 - a. A **neurologist** or a **psychiatrist** can provide you with the right medications to help you improve your memory or think clearly once again.
 - b. A **neuropsychologist** or a **cognitive behavioural therapist** can help you find strategies to cope with low mood, heightened anxiety, depression, or sleep changes. You can talk to them about any confusion, memory, attention, or communication challenges. Cognitive therapies and mindfulness strategies might become a helpful part of your daily routine.
 - c. An **occupational therapist** can advise you on strategies to manage your personal level of fatigue, how to avoid what makes it worse, and how to pace yourself to save energy.
 - d. A **physiotherapist** can advise you on what type of exercise or movement would be best for you, and how often to do it, so that you can manage your fatigue levels.
 - e. A **nutritionist** or **dietician** can help you make adjustments to your diet to reduce your fatigue or brain fog.
 - f. A **social worker** can connect you to resources in your community, such as support groups, local community centers with movement or meditation classes, or local practitioners who are skilled in treating fatigue, brain fog, and mental health issues.

For more information: [What Do I Need to Know About Long-Covid-related Fatigue, Brain Fog, and Mental Health Changes? - PMC \(nih.gov\)](#)

WHERE CAN I FIND LONG COVID PEER SUPPORT PROGRAMS?

- **Survivor Corps:** [Survivor Corps](#)
- **Long COVID SOS:** [Long Covid SOS Charity](#) | [Recognition Research Rehabilitation](#)
- **Long COVID Kids:** [Long Covid Kids](#) | [Charity](#) | [Post Covid Syndrome](#)
- **COVID Long Haulers Canada:** [Covid Long-Haulers Canada - COVID Long-Haulers Canada](#)

WHERE CAN I FIND LONG COVID RESOURCES?

General:

- **Long COVID Resources Canada:** [Long Covid Resources Canada](#)
- **Long COVID Web:** [Home](#) | [Long COVID Web](#)
- **Long COVID Physio:** [Long COVID Physio](#); [COVID-19: Briefing papers](#) | [World Physiotherapy](#)
- **Realize Canada:** [Recommendations-for-RtW-doc-final-4-3.pdf \(realizecanada.org\)](#)
- **Patient Led Research Collaborative:** [Patient Led Research Collaborative – for Long COVID \(patientresearchcovid19.com\)](#)
- **Government of Canada:** [COVID-19: Provincial and territorial resources - Canada.ca](#)
- **CANCOV:** <https://cancov.net/patient-resources/>
- **National Health Services (NHS), 'Your COVID recovery':** [Your Covid Recovery - Supporting Recovery for Long Covid](#)

Nova Scotia:

- **MyCOVIDRecovery:** MyCOVIDRecovery: [Welcome - My COVID Recovery - LibGuides at Nova Scotia Health \(nshealth.ca\)](#)

Quebec:

- **Santé Montérégie:** [Long COVID](#) | [Santé Montérégie Portal \(santemonteregie.qc.ca\)](#)

Ontario:

- **The Ottawa Hospital:** [Post-Covid Rehabilitation Self-Management \(office.com\)](#)
- **Unity Health:** [Rehabilitation - Unity Health Toronto](#)
- **St. Joseph's Health Care:** [Post-Acute COVID-19 Program](#) | [St. Joseph's Health Care London](#)
- **Spectrum: COVID resources toolkit:** [COVID-19 resources](#) | [COVID-19 resources toolkit](#) | [mental health](#) | [self-care](#) | [grief support](#) | [family support \(spectrumhealthcare.com\)](#)

Manitoba:

1. **Winnipeg Regional Health Authority:** [Health Management Group Program Guide](#) | [Winnipeg Regional Health Authority \(wrha.mb.ca\)](#)
2. **Shared Health Manitoba:** [Long COVID - Shared Health \(sharedhealthmb.ca\)](#)

Alberta:

- **Alberta Health Services:** <https://myhealth.alberta.ca/HealthTopics/After-COVID/Translation%20Docs/after-covid-19-english.pdf>; [Living with Long COVID: A Patient Perspective - YouTube](#); [Long COVID - YouTube](#)
- **Workers Compensation Board:** [COVID-19 - WCB Alberta](#); [COVID19_cost_relief.pdf \(wcb.ab.ca\)](#); [Modified duties workshop - WCB Alberta](#)
- **Millard Health:** [Treatment programs - WCB Alberta](#)

British Columbia:

- **Breathe Well Physio:** [Post-Covid Recovery Support - BREATHE WELL PHYSIO](#)
- **Vancouver General Hospital:** [A journey to Long COVID recovery - Vancouver Coastal Health \(vch.ca\)](#)
- **Provincial Health Services Authority:** [Living with Post-COVID Symptoms \(phsa.ca\)](#)
- **Centre for Disease Control:** [COVID-19 Care \(bccdc.ca\)](#)