

WHAT ARE THE COMMON SYMPTOMS?



BRAIN: Brain fog, memory loss, dizziness, headache, sleep problems, pins and needles, loss of taste or smell, depression, anxiety



HEART: Chest pain and tightness, palpitations



LUNGS: Breathlessness or shortness of breath, coughing



ABDOMINAL: pain, acid reflux, constipation, diarrhea

TIPS FOR MANAGING LONG COVID



AT HOME: Gentle movement, be aware of your breathing, invite restful sleep, eat brain-healthy foods, practice patience.



AT WORK: Communicate what you are experiencing, avoid overexerting yourself, minimize multitasking, break down work into doable tasks.



IN SOCIAL SETTINGS: Talk about your situation, socialize, stay connected in person (as per your comfort) and across distance (e.g., online peer support).



FOR LOVED ONES: Start conversations, listen with compassion, take their concerns seriously, identify ways to help, locate resources, advocate.



FOR EMPLOYERS: Be flexible and informed, adjust the pace, offer encouragement, believe them.

(Gross et al. 2023)



For more long COVID resources, check out our patient resource page:



and our family/caregiver resource page:



For more information, contact:
marina.wasilewski@sunnybrook.ca

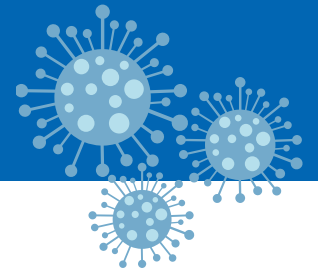
[sunnybrook.ca](https://www.sunnybrook.ca)

Fully affiliated with the University of Toronto

PR 20082 (2024/03/04)



LIVING WITH LONG COVID: EDUCATION FOR PATIENTS, FAMILIES & CAREGIVERS



Sunnybrook

ST. JOHN'S REHAB

WHAT IS LONG COVID?

WORLD HEALTH ORGANIZATION:

The continuation or development of new symptoms three months after the initial COVID-19 acute infection, lasting for at least two months with no other explanation.

Anyone who contracted COVID-19 is at risk of experiencing long COVID regardless of race, age, gender identity, previous health status, or severity of symptoms.

“Safe Long COVID rehabilitation should: identify red flags or complications where commencing rehabilitation; be personalized; be founded within accurate expectations; and be psychologically safe and supportive”

(Demars et al., 2022)

FREQUENTLY SHARED FEELINGS

“Long COVID is a lot of frustration, fear, sadness and alienation.”

- Person living with long COVID

“It’s hard to watch someone suffer and not be able to offer help.”

- Caregiver

DID YOU KNOW?

Up to **20%** of people (approximately, **70,516 Canadians**) who contracted the SARS-CoV-2 virus have experienced long COVID symptoms (World Health Organization).

WHAT ARE THE PSYCHOLOGICAL AND SOCIAL IMPACTS OF LONG COVID FOR PATIENTS AND FAMILY?



ACTIVITIES OF DAILY LIVING:

Difficulty managing daily tasks like personal hygiene, chores, child or elderly care.

OCCUPATIONAL ROLES:

Challenges maintaining employment and financial income.

MENTAL AND EMOTIONAL WELLNESS:

Feeling disconnected from previous selves, fearful/anxious about the uncertainties of long COVID, and feeling both helpless and hopeless at times.

SOCIAL AND COMMUNAL RELATIONSHIPS:

Difficulty maintaining social connections due to severity of symptoms.

RELATIONSHIP TO LEISURE:

Loss of participation in meaningful activities that induce pleasure and enjoyment, lack of time to engage in meaningful activities.

HOW CAN OUR WORK SUPPORT PATIENTS AND FAMILY WITH LONG COVID?

OUR TEAM HAS IDENTIFIED 4 KEY PILLARS OF SUPPORT NEEDED FOR LONG COVID:



EDUCATION



ADVOCACY AND PUBLIC HEALTH MESSAGING



HEALTH AND SOCIAL CARE REFORM



PEER SUPPORT



Learn more by visiting:
THE LONG COVID EDUCATION AND AWARENESS HUB

www.LivingwithLongCOVID.ca

