



## Navigating Long COVID and “Long Haulers”

10-13% of people who contract COVID-19 may continue experiencing symptoms four or more weeks after first being infected. This condition is called ‘Long COVID’ and the people who experience these symptoms are calling themselves ‘Long Haulers’. In this video and handout, you will learn about the most common symptoms of Long COVID, the mental health impacts of this illness, and strategies you can employ for yourself, your loved ones, and co-workers to help mitigate the anxiety, depression, and isolation that many may experience when suffering from Long COVID.

- Symptoms can include: continued fatigue, muscle aches, continuing and persistent breathing problems, joint pain, vertigo, continued loss of taste/smell, hair loss, and cognitive problems such as loss of memory, brain fog, and continued depression/anxiety symptoms. Please note, this list is not exhaustive. For details visit the CDC website at: <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects.html>
- How can you help yourself?
  - Increase physical activity slowly and at your pace
  - Take it slow, such as walking 5 minutes and working up to 15, to give your body time to recover
  - Increase social connection on the phone, online, or in person if you feel safe and ready
  - Reduce exposure to distressing media, or watch/read with others so you can process the distress with a friend or loved one
- How can you help others who have Long COVID?
  - Volunteer to go with loved ones or co-workers on a short walk
  - Ask if they need assistance with food preparation, child care, or household duties
  - Offer to flex work load within the team, offer multiple smaller breaks throughout the day
- Resources available
  - Phone apps like ‘Responsum for Long COVID’
  - Office of Inclusion and Equity to see if you’re eligible for workplace accommodations
    - <https://equity.utexas.edu/employee-accommodations/>
  - Connect with others online
    - Facebook: @COVIDLonghaulers and ‘COVID 19 Survivor Forum’
    - Reddit: r/covidlonghaulers
  - UT Health Post-COVID Center
    - <https://uthealthaustin.org/clinics/services/post-covid-19-program>

