

COVID-19 SOCIAL SUPPORT

SUPPORTING PEOPLE WITH LONG COVID



Since the pandemic's beginning, we've been primarily concerned with looking for positive signs and symptoms of COVID-19 infection to limit the spread of the virus. While we've been aware of the short-term effects of COVID-19, we're finally beginning to see the long-term effects of the virus on those infected then and now. These long-term effects are known as the following: post-COVID conditions (PCC), long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), long-term effects of COVID, and chronic COVID.

The stress of coping with COVID-19 symptoms has left many with short and long-term mental health issues. According to researchers at Harvard School of Public Health, psychological distress, like depression, anxiety, stress, and loneliness, was an indicator of someone's chances of getting long COVID.

HOW TO COPE WITH THE STRESS RELATED TO LONG COVID

While doctors continue to support to find medications and treatments to help with long COVID symptoms, it's important for people to take the following preventative steps to manage long COVID-related stress:

- Take breaks from listening, watch, or reading news stories related to the COVID-19 pandemic that may upset you.
- Take care of your mind and body through meditation, stretching, and mindfulness practices.
- Take care of your body through eating healthy, well-balanced meals, exercising, and sleeping.
- Make time to relax and do activities that you enjoy.
- Build support systems with people that you trust who can help you through your concerns.

HOW TO SUPPORT PEOPLE WITH LONG COVID

1. Listen with compassion and respect as they explain the stress of living with long COVID.
2. Start a conversation to understand their perspective to better understand what they need.
3. Figure out how you can help them after understanding what they kind of support they need.

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