



UNDERSTANDING & MANAGING POST-COVID SYMPTOMS

We may be through with COVID-19, but it's not through with us. At least that's how one in five American adults living with ongoing symptoms feels.

The condition where our bodies experience new or often unexplained symptoms after being infected with COVID-19 is called many different names—post-COVID, long COVID, long-haul COVID, post-acute COVID-19, post-acute sequelae of SARS CoV-2 infection (PASC), chronic COVID.

For clarity, we'll use the term "post-COVID" when referring to the ongoing health problems resulting from COVID-19, which can last for weeks, months or even years after infection.

POST-COVID SYMPTOMS

Following COVID-19, most people who experience post-COVID symptoms notice them about 4 weeks after infection.

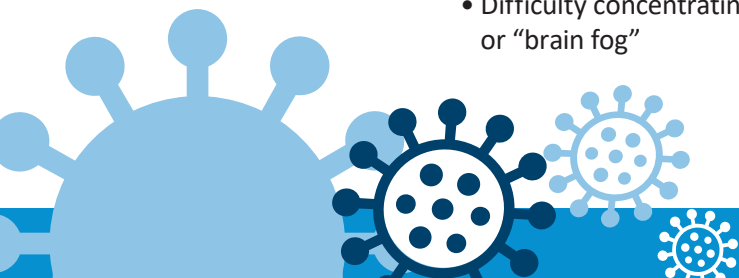
Post-COVID conditions vary by individual in terms of symptoms, combinations of symptoms, severity and timeframes in which they last. Many people simply report feeling tired for a few weeks, while others experience life-altering disabilities that medical researchers are working hard to understand.

Some of the more common post-COVID symptoms include:

- Anxiety or depression
- Chest pain
- Cough
- Diarrhea
- Difficulty concentrating or "brain fog"
- Dizziness when standing up
- Fever
- Headache
- Heart palpitations (pounding heart)
- Joint or muscle pain
- Menstrual cycle changes
- Rash
- Shortness of breath
- Tiredness or fatigue

WHAT'S NEW AT YOUR HOSPITAL

- Get the care you need, now closer to you at our **new primary care clinic** at 6333 E. Mockingbird, next to Tom Thumb at Mockingbird and Abrams. New patients are welcome for primary care needs, such as sick visits, check-ups and chronic disease care. Meet the doctor at WhiteRockMedicalCenter.com/WRMGroup. Make an appointment by calling (214) 945-2491.
- **Like our Facebook page** and stay up to date with news and information to help you live a healthy, active life. Find us at [@WhiteRockMedicalCenter](https://www.facebook.com/WhiteRockMedicalCenter).



When people who already have chronic (long-term) health conditions develop COVID-19, their post-COVID symptoms may be more difficult to explain and manage. In those cases, it's common for healthcare providers to begin with routine tests like bloodwork, chest X-rays and electrocardiograms.

Also keep in mind that many people who have had a mild form of a condition that never developed may experience it more fully following infection. Post-COVID asthma is a common example.

PREPARE TO SEE YOUR HEALTHCARE PROVIDER

The art and science of managing post-COVID symptoms is very new for the medical community, especially since there's not one simple test to diagnose the many conditions. This makes it critically important that you give your healthcare provider as much information as possible so they can determine the best course of treatment, especially if you have preexisting health conditions.

Prior to your visit, make notes and take them to your appointment. Aside from the typical information like health history and medications, answer the questions below prior to your visit.



Since having COVID-19, what **NEW** health-related symptoms are you experiencing?



When did you first notice the symptoms?



Do these symptoms occur all the time or periodically? If periodically, when?



What makes your symptoms better? What makes them worse?



Are you taking anything new to help manage your symptoms like prescription medications, vitamins, herbs, supplements or over-the-counter medications?

HOW DO YOUR SYMPTOMS SPECIFICALLY AFFECT YOUR DAILY LIFE?



Are you able to take care of yourself and/or others?



Have your dietary habits changed?



Can you maintain your regular work schedule?



How has it affected your activity level in terms of exercise, social engagements, etc.?

ADVOCATE FOR YOURSELF!

You know your body better than anyone else, so if something doesn't feel right after you've had COVID-19, don't brush it off. Make an appointment to see your healthcare provider as soon as possible, especially if your symptoms impact your daily life.

If you'd like to receive this newsletter every month, please email

✉ community@WhiteRockMedicalCenter.com

with "Health Connection" in the subject line.