



Here's how long COVID patients can get support: Suggested talking points

- **There is still no single, FDA-approved treatment for long COVID, but doctors can help patients manage individual symptoms.**
 - [Long COVID treatment](#) may include therapies to improve lung function and retrain your sense of smell and medications for pain and blood pressure regulation.
 - Studying myalgic encephalomyelitis (ME) and HIV may help researchers [better understand long COVID](#) and improve treatment options.
 - Getting diagnosed and treated for long COVID may be challenging for patients—especially for [women and people of color](#), whose symptoms may be dismissed by doctors. Incorporating mental health support and seeking support from loved ones may help patients manage the stress associated with seeking treatment.
- **Long COVID patients may be eligible for government benefits that can ease financial burdens.**
 - [Studies estimate](#) that roughly 4 million people are out of work due to long COVID, and patients may have to [travel for treatment](#).
 - While long COVID qualifies as a disability under the [Americans with Disabilities Act](#), navigating the application process can be challenging. The [Pandemic Legal Assistance Network](#) provides pro bono support for long COVID patients applying for disability benefits.
 - Long COVID patients may be eligible for other forms of government assistance, such as [Supplemental Nutrition Assistance Program](#) (SNAP), [Temporary Assistance for Needy Families](#) (TANF), Medicaid, and rental and utility assistance programs.
- **Getting reinfected with COVID-19 [can worsen existing long COVID symptoms](#), but patients can take steps to stay protected.**
 - Staying up to date on COVID-19 vaccines [dramatically reduces the risk](#) of developing long COVID in the first place.
 - For patients who already live with long COVID, staying up to date on COVID-19 vaccines [may improve symptoms and reduce inflammation](#).
 - Research shows that wearing a high-quality, well-fitting mask [reduces the risk](#) of contracting COVID-19—even when others are not masking.



Here's how long COVID patients can get support: Frequently asked questions

1. What is long COVID, and who is at risk?

Long COVID is [a cluster of symptoms](#) that can occur after a COVID-19 infection for weeks, months, or years and can affect [almost every organ](#). Symptoms range from mild to debilitating and may include fatigue, chest pain, brain fog, dizziness, abdominal pain, joint pain, and changes in taste or smell.

Anyone who gets infected with COVID-19 is at risk of developing long COVID, but some groups are at greater risk, including [unvaccinated people](#), [women](#), [people over 40](#), and [people who experience health inequities](#).

2. What types of support are available for long COVID patients?

Currently, there is still no single, FDA-approved treatment for long COVID, but doctors can help patients manage individual symptoms. Some [options for long COVID treatment](#) include therapies to improve lung function and retrain your sense of smell, as well as medications for pain and blood pressure regulation. Staying up to date on COVID-19 vaccines [may also improve symptoms and reduce inflammation](#).

Long COVID patients are eligible for disability benefits under the [Americans with Disabilities Act](#). The [Pandemic Legal Assistance Network](#) provides pro bono support for long COVID patients applying for these benefits.

Long COVID patients may also be eligible for other forms of government assistance, such as [Supplemental Nutrition Assistance Program](#) (SNAP), [Temporary Assistance for Needy Families](#) (TANF), Medicaid, and rental and utility assistance programs.

3. How can friends and family of long COVID patients provide support?

Getting reinfected with COVID-19 [can worsen existing long COVID symptoms](#). Wearing a high-quality, well-fitting mask will reduce your risk of contracting COVID-19 and spreading it to long COVID patients and others. At indoor gatherings, improving ventilation by opening doors and windows, using high-efficiency particulate air (HEPA) filters, and [building your own Corsi-Rosenthal box](#) can also reduce the spread of COVID-19.

Long COVID patients may also benefit from emotional and financial support as they manage symptoms, navigate barriers to treatment, and go through the months-long process of applying for and receiving disability benefits.