



Dealing with long COVID: Suggested talking points

- **Visit your primary care doctor if you are experiencing post-COVID symptoms.**
 - Your primary care doctor can rule out other potential causes of your symptoms and refer you to appropriate specialists.
 - For people who don't have health insurance, [community health centers](#) offer free or low-cost services, including primary care.
 - You can ask your doctor to refer you to a long COVID clinic or specialist. There are [post-COVID care centers](#) in nearly every state, but they may have a long wait list or require proof of a positive PCR test.
 - Use [this checklist](#) to prepare for your appointments. It's important to keep a summary of when you had COVID-19, when your long COVID symptoms began, and how they affect your daily life.
- **Take advantage of disability accommodations and support groups.**
 - The Americans with Disabilities Act considers long COVID a disability if its symptoms substantially limit at least one major life activity.
 - If this is the case for you, consider applying for [Social Security Disability Insurance](#).
 - If your symptoms are affecting your ability to work, consider asking HR or your manager about the [Family and Medical Leave Act](#) and short- and long-term disability insurance.
 - Communities like Body Politic's [COVID-19 Support Group](#) and the [COVID-19 Longhailer Advocacy Project](#) can provide emotional support and practical tips for managing symptoms.
- **Avoiding infection is the best way to prevent long COVID symptoms.**
 - There is still a lot we don't know about long COVID and its symptoms, which is why care and treatment can be limited and hard to access.
 - Data has [shown](#) that long COVID is a risk even for people who experienced a mild case of COVID-19.
 - Some early data suggests that [mRNA vaccines](#) and [Paxlovid](#) both help decrease the risk of developing long COVID, though more research is needed to confirm these findings.
 - Beware of alternative treatments for COVID-19 or long COVID, such as ivermectin, that may not be proven effective or may even be harmful.



Dealing with long COVID: Frequently asked questions

1. What is long COVID and how do I prevent it?

Long COVID is a chronic illness caused by COVID-19 infection. Patients with long COVID may experience long-lasting and potentially debilitating symptoms such as brain fog, difficulty breathing, fatigue, loss of taste and smell, and more. There is still a lot we don't know about the disease and its symptoms, which is why care and treatment can be hard to find. So if you want to prevent long COVID, your best bet is to avoid infection. Anyone is susceptible to developing long COVID symptoms after infection, not just people who were hospitalized or at high risk of severe disease.

2. I think I have long COVID. What should I do?

First, it's important to keep track of your post-COVID symptoms and how they affect your daily life. This record will help physicians figure out what's wrong and how to treat it. If you are experiencing long COVID symptoms, visit your primary care doctor or a [community health center](#) if you don't have health insurance. This primary health care visit can help rule out other potential causes for your symptoms and also refer you to appropriate specialists. You can ask your doctor to refer you to a long COVID clinic or specialist. There are [post-COVID care centers](#) in nearly every state, but they may have a long wait list or require proof of a positive PCR test.

3. How can I get insurance to cover long COVID care?

If you have employer-sponsored health insurance, Medicare, or Medicaid, your long COVID coverage [will likely be quite comprehensive](#). Depending on your insurance plan, you may need to get a referral from your primary care doctor before seeing a specialist or see an in-network specialist. If you don't have insurance, you can look into enrolling in Medicaid or getting [disability insurance](#), as long COVID is considered a disability if your symptoms substantially limit at least one major life activity. If your symptoms are affecting your ability to work, you can ask HR or your manager about the [Family and Medical Leave Act](#) and short- and long-term disability insurance. Furthermore, there are community health centers across the country where anyone can access free or low-cost care.