



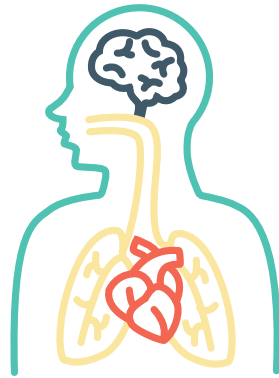
Living with Long COVID? Know the Facts.

WHAT IS LONG-COVID?

Long COVID is a chronic illness that can develop after a person is infected with COVID-19. For some people, Long COVID conditions can last weeks, months or even years after a COVID-19 illness.

HOW IS LONG-COVID AFFECTING SAN ANTONIO?

Frontline and public-facing workers, unvaccinated people and those who lack access to traditional health care are more likely to get COVID-19. About 1 in 5 may go on to experience Long COVID. Health Conianza, a community-wide health project, would like to empower you to recognize the signs of Long COVID. **If you think you may have Long COVID, there are steps you can take to get a diagnosis, a treatment plan and support for yourself or a loved one in San Antonio.**



There are more than 200 symptoms associated with Long Covid, including:

- Fatigue
- Muscle weakness
- Joint or muscle pain
- Headaches
- Shortness of breath
- Brain fog
- Dizziness
- Mood issues
- Anxiety
- Depression
- Loss of smell
- Loss of taste
- Hair Loss
- Nausea
- Chest Pain/ Discomfort
- Diarrhea
- Stomach pain
- Rash
- Changes in menstrual cycle

Visit [HealthConianza.org](https://www.healthconianza.org) to learn more about COVID-19, Long COVID and mental health.

FOUR STEPS TO LIVING BETTER WITH LONG COVID

- Find and talk to a community health worker or health care provider who is educated about Long COVID.
- Receive a Long COVID diagnosis from a healthcare provider. A confirmed Long COVID diagnosis is required to get a referral for Long COVID care.
- Ask to be referred to a Long COVID clinic that specializes in helping patients dealing with Long COVID symptoms.
- Know that although Long COVID has no cure, managing symptoms helps people get back to their lives.

LONG COVID CLINICS IN SAN ANTONIO

University Health

Long COVID Clinic
(210) 743-7192

Offers In-person visits/Telemedicine

UT Health San Antonio Physicians

Post COVID-19 Recovery Clinic
(210) 450-6470

LOW-COST HEALTH CLINICS IN SAN ANTONIO

AARC Health Equity Clinic

303 N. Frio St.
(210) 688-5792

Clinica Hispana Culebra

1521 Culebra Rd.
(210) 733-8882

CentroMed

5542 Walzem Rd.
(210) 922-7000

CommuniCare Health Center

West Campus

1102 Barclay St.
(210) 233-7000

CommuniCare Health Centers East Campus

3066 E. Commerce St.
(210) 233-7000

El Bari Community Health Center

5281 Casa Bella St.
(210) 888-0671

Pride Community Clinic

303 N. Frio St.
(210) 570-7318

Refugee Health Clinic

St. Francis Episcopal Church
4242 Bluemel Rd
Open Wednesdays

Southeast - University Family Health Center

1055 Ada St.
(210) 358-5515

For more clinics, visit the San Antonio Community Resource Directory at [sacrd.org](https://www.sacrd.org).

Boost Community. Boost Health.

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