

LONG COVID

Listening, Learning and Recovery

Long COVID Resources for Health Workers and Community

What is Long COVID? Long COVID is defined as the health issues that continue or begin after the first COVID infection, and that last for four or more weeks after the initial infection.

LISTENING



Tips for caring for people with diabetes who have COVID-19 (from the National Institutes of Health):

- Ask people about health problems they might not often talk to providers about, for example, brain fog or a reduced ability to exercise.
- Tell people to keep up their physical activity, manage sleep and nutrition as much as they can.
- For people with a reduced ability to be active, help them slowly grow their ability to exercise.
- Keep in mind drug interplay that may be harmful to long COVID care.

RECOVERY



UT Health San Antonio's Post-COVID-19 Recovery Clinic expands access to care for individuals with long COVID.

What to know:

- Depending on health insurance, a patient may be required to receive a long COVID diagnosis from their primary health provider before making an appointment at the Post-Covid19 Recovery Clinic.
- As of early 2024, people can expect a wait of about four weeks for an appointment.

For appointments or information, call 210-450-6470.

LEARNING



Learn about Long COVID through UT Health San Antonio's ECHO (Extension for Community Healthcare Outcomes), an online workforce training model.

Health Confianza, a health literacy initiative at UT Health San Antonio, delivered the ECHO series "Listening to Long COVID."

The free learning series and more resources are available at the QR code or HealthConfianza.org.

LONG COVID RESOURCES



For more information, visit the Long COVID Resources page at HealthConfianza.org and view the "Listening, Learning and Recovery" learning video series, presented by South Central AHEC and Health Confianza.

