

## WHEN SHOULD I SEEK HELP?

If you are still experiencing symptoms of COVID-19 4 to 6 weeks after your infection, then you need to book in and head to your local GP or Aboriginal Health Service to get the right treatment.

After you recover from COVID-19, you should also tell your doctor or health worker if you develop new symptoms.

### Important:

If you have any of the following symptoms, call emergency services on 000 immediately and tell the phone operator that you have previously been diagnosed with COVID-19.

- Severe shortness of breath or difficulty breathing
- Severe chest pain or pressure
- Worsening ability to concentrate and increased confusion
- Feeling very unwell and unable to stay awake

## Remember to look after your mental health.

The emotional impact of COVID-19 can be significant. Below are a few great resources and support services that can help you if you are having a tough time.

- Lifeline - 13 11 14
- Beyond Blue - 1300 22 4636
- MensLine Australia - 1300 78 99 78
- Suicide Call Back Service - 1300 659 467
- COVID National Mental Wellbeing Support - 1800 512 348
- 13YARN – 139276

Scan to learn more about Long COVID at the AHCSA website:



# LONG COVID

## HEY YOU MOB!

You might have heard people talking about "Long COVID". So what is it?

Long COVID is the group of ongoing physical, mental, and emotional symptoms that a person may continue to experience more than 12 weeks after having the COVID-19 infection.

You can get Long COVID even if your COVID infection was mild.

For more information visit  
[ahcsa.org.au](https://ahcsa.org.au) or call 08 8273 7200

\*this is the latest information available in relation to Long COVID as of 7 March 2023.



**Aboriginal Health Council**  
of South Australia Ltd.

## WHAT DOES IT FEEL LIKE?



Long COVID symptoms can include:

- Extreme tiredness/weakness
- Brain fog, trouble concentrating, difficulty with memory, bad moods
- Coughing or difficulty breathing
- Joint or muscle pain
- Chest pain
- Loss of taste or smell
- Rashes
- Trouble sleeping
- Headache or dizziness
- Hair loss

## PACE

Don't push yourself to exhaustion. Instead, pace yourself. Save your energy by breaking up your daily activities into smaller, more manageable tasks. Rest often.

## HOW CAN I MANAGE THE SYMPTOMS?

Long COVID symptoms can be different from person to person and they can come and go or change over time.

### Manage fatigue

If you're experiencing fatigue, following the "three Ps" at the bottom of the page can help you to make the most of your body's available energy – **pace, plan, prioritise**.

### Manage a cough and/or breathlessness

Drink more water, and try to sit a relaxed way, or lean your back against a wall while standing up, to see if that helps your breathing.

### Return to exercise

Before returning to exercise, talk to your GP about when to start and about the kind of exercise that will work best for you in your recovery.

## Children can get long COVID too!

## PLAN

Plan your week in advance. Spread activities that need more energy across the whole week, with plenty of rest planned in between. If you can, ask family members or friends to help you. Consider energy-saving options like food-delivery services.

## HOW CAN I PREVENT LONG COVID?

Any measure that decreases the incidence or severity of acute COVID-19 will probably decrease the chances of Long COVID. That means:

- Get vaccinated
- Wear a face mask in public indoor spaces
- Wash your hands often with soap and water
- Keep your distance (social distancing)

### Stop smoking

COVID-19 and smoking both cause significant harm to your immune system and lungs.

Smoking while you recover from COVID-19 places extra strain on your body, increases your risk of infection and slows down your recovery. Now is the best time to quit!

Contact QUITLINE (137 848) for help to quit smoking (free call).

## PRIORITISE

Only do essential tasks and activities. Either remove unnecessary tasks from your weekly plan or consider asking a family member or friend to do them for you.