

HERE'S TO HEALTH

Three long term effects of COVID-19 and how you can minimize them



Most commonly reported long-term symptoms

- Fatigue
- Shortness of breath
- Cough
- Joint pain
- Chest pain

Other reported long-term symptoms

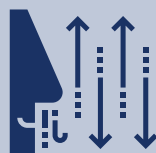
- Difficulty with concentration
- Depression
- Muscle pain
- Headache
- Intermittent fever
- Fast-beating heart

Serious long-term complications

- inflammation of the heart muscle
- lung function abnormalities
- acute kidney injury
- rash, hair loss
- smell and taste problems, sleep issues, difficulty with concentration, memory problems
- depression, anxiety, change in mood

43%

COVID-19 patients were still struggling to breath deeply 60 days after recovery



Inspiratory Muscle Training

Pinch your nostrils half-closed. Breathe in deeply and forcefully through your nose, then release your nose and breathe out through your nostrils, keeping your mouth closed the whole time



Long-term illness can cause stress and anxiety



Journaling

Writing down your anxieties and fears reduces stress by 25%



Some COVID-19 patients experience slower thinking & attention lapses



Brain Games

Playing brain stimulating games for 15 minutes a day for three weeks increases memory by 35%

COVID LINGERING SYMPTOMS EDITION


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