

Self-Management of long COVID

Tracking, Learning and Advocating

Long COVID is the common name for post-COVID syndrome. People with long COVID experience new, returning or ongoing symptoms more than four weeks after getting COVID-19. Research on long COVID is new and continuing, and treatments and therapies are still being developed. Below is a list of tips for managing long COVID.



Things to do to advocate for yourself, learn about and track your conditions:

1. **Track your symptoms** using an app, like The SIGN Symptom Diary (Download it from [Google Play](#) or [Apple App Store](#)), a calendar or another type of symptom tracker, your Alexa or Google home device, phone calendar, text reminders, paper calendar, or paper tracker (like the one in this packet.) **Share it with your care provider.**
2. **Advocate for yourself.** If your physician does not hear you, consider getting another opinion.
3. **Talk to your physician** about the need for tests for heart, kidney or other potential problems. If exhaustion or poor sleep is an issue, ask about a sleep study.
Check with your doctor before starting a new exercise plan.
4. **Consider visiting a Post-COVID Care Center (PCCC).** Find locations on the [PCCC website](#).
5. **Get vaccinated.** Some [research](#) shows that getting vaccinated may decrease symptoms and help protect from severe illness with reinfection.
6. **Locate a long COVID support group.**
7. **You know your body better than anyone else does. Listen to it.**

Long COVID Symptom Tracker

Name: _____ Month: _____, 20____

SYMPTOM	DAY																																				
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
PHYSICAL																																					
Fatigue - mild																																					
Fatigue - moderate																																					
Fatigue - severe																																					
Stomach issues/diarrhea																																					
Heart pain or palpitations																																					
Headache																																					
Lack of Taste																																					
Lack of Smell																																					
Fever																																					
Muscle or joint pain																																					
Dizziness																																					
Breathlessness																																					
Hoarse																																					
Fever																																					
Other:																																					
MOOD																																					
Sad or depressed																																					
Anxious																																					
Felt good																																					
Other:																																					
THINKING																																					
Brain fog																																					
Forgetful																																					
Difficulty concentrating																																					
No problems																																					
Other																																					

	DAY																																
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31		
SYMPTOM																																	
SOCIAL																																	
Can't attend events																																	
Can't do typical leisure activities																																	
Don't want to or unable to visit with family/friends																																	
Today, I wanted to _____ _____																																	
but was not able to.																																	
Today, I was able to do _____ _____																																	
Today was better than yesterday.																																	
Today was worse than yesterday.																																	
Tomorrow I will _____ _____																																	
Notes:																																	