



## DOCTOR DISCUSSION GUIDE

# Managing Long-Haul COVID

The coronavirus disease 2019 (COVID-19) has been around for more than a year. About 10% of people who catch the virus will have long-term symptoms lasting weeks or months, a condition called long-haul or long COVID. Find out what you should ask your doctor about long-haul COVID.

## Vocabulary to Know

Your doctor might mention these common terms. Here's what they mean.

<b>Acute</b>	This describes conditions that are severe and sudden in onset.
<b>Chronic</b>	This describes a long-term or recurring condition.
<b>Coronavirus</b>	This refers to a family of viruses, most of which cause the common cold. Some strains of the coronavirus like MERS, SARS, and SARS-CoV-2, which causes COVID-19, are more serious.
<b>Dyspnea</b>	Shortness of breath.
<b>Ground glass opacities</b>	This is an abnormal pattern on a chest X-ray or CT scan that looks like a layer of ground glass is scattered across the lungs. They have been seen in people with COVID-19.
<b>Long-haul COVID</b>	Also called long COVID, chronic COVID, and other names, this occurs when COVID-19 symptoms linger even after the worst impacts of COVID-19 have passed and a COVID-19 test came back negative.
<b>Nasopharyngeal swab</b>	It is commonly placed deep inside the nasal passages to collect cells to test for an active coronavirus infection.
<b>Oropharyngeal swab</b>	It is be used to collect cells from your throat to check for an active coronavirus infection.
<b>Pneumonia</b>	This refers to inflammation in the lungs caused by an infection. There are many types and causes of pneumonia, including COVID-19.
<b>Pulmonary consolidation</b>	It occurs when the lungs become filled with something other than air, such as fluid, blood, or pus. It has been detected on a CT scan in people with COVID-19.
<b>Sputum sample</b>	A sample of the mucus secreted by the lower airways of the respiratory tract used to identify the specific bacteria or viruses that are causing your infection.
<b>Tachypnea</b>	Breathing faster than normal.



## Questions to Ask

These questions will help you start a conversation with your doctor about how to best manage long COVID.

### About Symptoms

- What should I do if my COVID-19 symptoms keep getting worse?
- How long can I expect these symptoms to continue?
- How do my other health issues affect my chronic COVID symptoms?

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### About Causes & Risk Factors

- How will I know if my symptoms are from long-haul COVID or a new coronavirus infection?
- Can I be infected by the virus again if I have long-haul COVID?

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### About Diagnosis

- Will long-haul COVID cause other health problems or make existing health conditions worse?
- Will I fully recover?

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### About Treatment

- What medications can I take to manage my symptoms?
- Are there any vitamins or supplements I can take to help promote healing?
- Are there medications that I'm already taking that could make my symptoms worse?

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### About Coping

- Should I still get the COVID-19 vaccine?
- Do I still need to isolate with long-haul COVID?
- Do I need to wear a mask around other people?
- Should my family or people I am close to get tested?
- Are there resources or support groups where I can talk to people with the same issues?

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