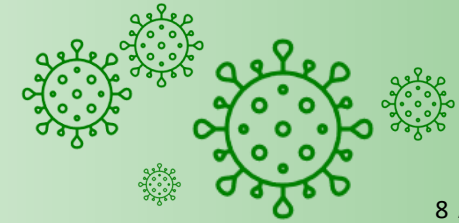




# COVID CORNER

Exploring the ongoing impact of COVID-19 on our lives



8 April 2022

## Long-COVID part 2

### SEE PART 1 FOR DEFINITION AND SYMPTOMS

#### When should I consult a doctor if I have Long-COVID symptoms?

Long-COVID symptoms can be similar to signs of other diseases, so it is important to see your doctor and rule out other problems, such as cardiac issues or lung disease.

Don't ignore loss of smell, depression, anxiety or insomnia, or write these off as unimportant or "all in your head." Any symptom that diminishes the quality of your daily life is worth investigating.

If you experience new chest pain, difficulty breathing, bluish lips or any other sign of a life-threatening problem, call emergency services right away.

#### What treatment is available?

Currently there are no proven drug treatments, but doctors and therapists can work with you to address symptoms.

Breathing exercises, physical therapy, medications and other treatments can help improve your health, but be prepared for a gradual recovery.

There is growing evidence that getting the vaccine could reduce Long-COVID in people who caught the virus before they were vaccinated. We are still learning more about this and what the reasons for it might be.

Studies on how best to improve the lives of people with Long-COVID are continuing. Do not delay getting help. COVID is a prescribed minimum benefit, so care is covered by medical schemes.

#### How do I prevent Long-COVID?

The best way to avoid post-COVID-19 complications is to prevent infection in the first place. Practicing coronavirus precautions and getting a COVID-19 vaccine are effective ways to avoid getting COVID-19.

Understanding the seriousness of COVID-19 and its potential for long-term, debilitating symptoms is good motivation for protecting yourself and others: get the vaccine, and when you are around people from outside your household, make sure you are in a well-ventilated space.



## Fast Facts

- It is important to consult a doctor if you are experiencing Long-COVID symptoms
- Doctors and therapists can help you address your symptoms, but be prepared for a gradual recovery
- There is some evidence that the COVID-19 vaccine could reduce Long-COVID
- COVID is a prescribed minimum benefit, so Long COVID care is covered by medical schemes. Contact your scheme to find the specific benefits available to you so that you get the care you need

Want to find out more?

#### South African NICD:

<https://www.nicd.ac.za/diseases-a-z-index/disease-index-covid-19/long-covid/>

#### Post-COVID conditions (CDC):

<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>

#### Your recovery after COVID-19 (NHS):

<https://www.yourcovidrecovery.nhs.uk/>

#### COVID Recovery Guide (Discovery Health):

<https://www.discovery.co.za/wcm/discoverycoza/assets/content-hub/covid-19/long-covid-19-recovery-guide-2021.pdf>

## Ask Dr M

#### Do you still have questions?

Call us on

**0800 24 36 72**

or WhatsApp

**082 735 4472**



Protect yourself and your loved ones from COVID-19 with the two Vs:



Vaccination



Ventilation



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