

## Wellness Articles

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If you would like to be added to the distribution list for these articles, please email: [Rebecca.johnson2@albertahealthservices.ca](mailto:Rebecca.johnson2@albertahealthservices.ca). You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at <http://www.albertahealthservices.ca/9966.asp>

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## Help is available for Albertans with Long COVID

Most people who have tested positive for the virus fully recover. However, as many as one-in-four individuals are left with lingering physical, psychological, social and cognitive effects that can include chronic fatigue, muscle weakness, “brain fog,” anxiety/depression and shortness of breath, known as ‘Long COVID’. The majority of these individuals can manage their own symptoms, with the appropriate resources and supports.

For these individuals, online resources and supports are available at [ahs.ca/healthyaftercovid](https://ahs.ca/healthyaftercovid). They include:

- A [symptom self-management guide](#) on MyHealth.Alberta.ca to help patients recover after COVID-19.
- General information related to COVID-19 and seniors/continuing care; mental and spiritual health; cancer; and expectant and new parents.
- Information on COVID-19 Recovery Clinics (accessible only with a referral from a family physician) – in Edmonton at the Kaye Edmonton Clinic and Edmonton North PCN; and in Calgary at the Peter Lougheed Centre and Rockyview General Hospital.
- “Finding My Way Back” video story about one Albertan’s experience of Long COVID syndrome.

[Supports for healthcare providers](#) are also available and include care pathways and toolkits; and a Post-COVID-19 Rehabilitation and Functional Screening and Assessment Tool to help providers determine what rehabilitation supports may be required moving forward.

Albertans can also access supports by phone through Health Link (811), the Rehabilitation Advice Line (1-833-379-0563); and the Mental Health Help Line (211).

AHS is focused on coordinating resources and supports for Albertans after a COVID-19 diagnosis by:

- Appropriately screening patients experiencing Long COVID symptoms for rehabilitation needs.
- Delivering targeted Long COVID supports and care instructions for those experiencing symptoms such as fatigue and breathlessness.
- Providing transition plans between care settings for patients who have COVID-19 (including discharge back to community/home).

### **When should I call my healthcare provider?**

Recovering from COVID-19 is different for everyone. It's important to contact your healthcare provider if you:

- Are worried about your recovery
- Feel short of breath and it's not getting better, no matter what you try
- Feel very short of breath doing things that are normally easy for you
- Find that your attention, memory, thinking, or energy levels are not getting better
- Have symptoms that make it very hard or that stop you from doing your regular daily activities (like caring for yourself or going back to work or school)
- Feel depressed, anxious, or stressed and this feeling isn't getting better

If it's a medical emergency, **call 911 right away**. This includes:

- Serious trouble breathing (struggling for each breath, only able to say one word at a time)
- Very bad chest pain.
- Having a hard time waking up.
- Feeling very confused.
- Passing out or fainting.