


LEGEND

 Alberta Health Services Resource 

 Government of Alberta Resource 

 External Resource 

Symptom Area	Self-Care & Universal Information & Resources	
ALL	<p>Getting Healthy After COVID-19: Resources for Patients</p> <p>Recovery & Rehabilitation After COVID-19: Resources for Health Professionals</p> <p>COVID-19 Resources for Specific Health Conditions</p> <p>FAQ - Long COVID Symptoms or Health Concerns for Patients</p> <p>COVID-19: My discharge checklist</p> <p>Better Choices, Better Health Find a Doctor</p> <p>Alberta Healthy Living Program Video Series: After COVID-19 Topics: Overview, Symptoms, Treatment, Nutrition & Fatigue, Loss of Taste & Smell, Fatigue & Routine Managing: Persistent Cough, Pain, Sleep, Stress, Shortness of Breath, Changes in Thinking, Fatigue Exercise: Tips for Getting Started & Exercising at the Right Level</p>	<p>After COVID-19: Self-care</p> <p>Support for Rehabilitation: Self-Management after COVID-19 Related Illness - WHO</p> <p>Long COVID Canada</p> <p>Supporting your recovery after COVID-19 – NHS (UK)</p> <p>COVID Long-Haul Canada</p> <p>Monitor your COVID-19 long-term effects – WHO (video)</p> <p>Post COVID-19 condition - PHAC</p>
Respiratory	<p>Symptoms: Coughing</p> <p>Symptoms: Feeling short of breath</p>	<p>Coronavirus Recovery: Breathing Exercises (John Hopkins)</p>
Musculoskeletal	<p>Symptoms: Joint and muscle pain</p>	
Cardiovascular	<p>Symptoms: Feeling short of breath</p>	<p>Coronavirus Recovery: Breathing Exercises (John Hopkins)</p>
Gastrointestinal	<p>Health Link – Nutrition information Nutrition and COVID-19</p> <p>COVID-19 Nutrition for Recovery Stay Strong with Nutrition: Seniors and COVID-19</p> <p>Nutrition and COVID-19: School-aged Children Healthy Eating Starts Here</p> <p>Eating Well when Fatigued Nutrition Education Handouts</p>	<p>Symptoms: Loss of Taste</p> <p>Symptoms: Loss of Smell</p> <p>Symptoms: Eating, drinking, and swallowing problems</p> <p>Feeding and swallowing problems</p> <p>Crohn's & Colitis - COVID-19</p>
Neurological	<p>Confusion, Memory Loss, Altered Alertness</p> <p>Brain health and mental health: Brain fog, trouble with memory and concentration</p>	<p>Neuromuscular Disease & COVID</p> <p>Epilepsy & COVID</p>
Psychological	<p>COVID-19 & your mental health (tip sheet) Family, Children and Teens COVID-19 Mental Health Resources</p> <p>Taking charge of what you can: A COVID-19 toolkit COVID-19 Resources for Frontline/ Remote Workers</p> <p>Mobile tools to promote mental wellness (tip sheet) Spiritual practice worksheets (activity)</p> <p>Mental wellness moments (video series) Ways to Wellness Toolkit</p> <p>Positive steps for mental health in uncertain times (tip sheet) COVID-19 & Sleep</p> <p>Take control of your mental wellness (tip sheet) 30 Days of Self-Care</p> <p>Substance Use and Addiction – COVID-19 Help in Tough Times</p>	<p>Brain health and mental health: Depression, anxiety, stress</p> <p>Wellness Together Canada</p> <p>Togetherall Peer-to-Peer mental health community</p>
Psychosocial	<p>Managing COVID-19 financial stress</p> <p>Indigenous Peoples & Communities COVID-19 Resources Learning About Food insecurity: Not Having Enough Money for Food</p>	<p>COVID-19: Resources for seniors & their caregivers</p> <p>Healthy Aging CORE</p>