

How to Support Your Recovery from COVID-19: Post-COVID Syndrome

Post-COVID Syndrome

Your health care provider confirmed that you have post-COVID syndrome. It is also known as “long haul” syndrome.

Symptoms include:

- cough that won't go away
- confusion, dizziness and difficulty focusing
- difficulty exercising because you feel too tired or have pain
- fatigue (feeling very tired)
- muscle and joint pain
- shortness of breath
- upset stomach and loss of appetite.

Lifestyle Habits

Many types of activities and habits can help you manage your symptoms and feel better. Try some or all of these:

- **Make sleep a priority.**
 - Get at least 7 to 8 hours of sleep each night.
 - Go to bed at the same time every day.
 - Sleep in a cool, dark, quiet place.
 - Leave cell phones and tablets away from your bed.
- **Eat healthful, whole foods.**
 - Eat 25 to 35 grams of fiber each day. High fiber foods include: vegetables, fruits, nuts, seeds, quinoa, brown rice and lentils.

- Eat plant-based, whole foods that boost your immune system. Good choices are salmon, green tea, bell peppers, kale, oranges, apples, onions, celery, berries, carrots, cantaloupe, sweet potatoes, broccoli, kiwi and garlic.
- Eat a variety of colorful fruits and vegetables. Try to eat at least 2 fruit servings and 3 vegetable servings a day.
- Eat fewer foods that have added sugars such as baked goods and junk food.
- Do not drink beverages that have added sugars such as soft drinks, energy drinks and alcohol.

- **Make time to breathe daily.**

- Find a way that works best for you to practice deep breathing for at least 10 minutes each day.
- Deep breathing:
 - Lie on your back and put one hand on your belly and one hand on your chest
 - Slowly breathe in through your nose. Let your belly fill with air. Feel your belly rise. Breathe out through your nose. Feel your belly lower. The hand on your belly should move more than the hand on your chest.
 - Start with doing this for 2 minutes and slowly work up to 10 minutes each day.
- Other ideas for breathing techniques include: meditation, guided imagery, Qi Gong, Tai Chi or yoga.

(over)

■ Move your body gently.

- Start slow. As you get stronger increase how much and how long you exercise. Your health care provider may suggest that you see a physical therapist or an exercise physiologist.
- Walk for 10 minutes at a comfortable pace. Over time, slowly increase the time and distance you walk. Walk outside in nature when possible.
- Stretch your body at least 10 minutes each day. You can do this with simple yoga poses, Qi Gong or Tai Chi.

■ Check your mindset and social connections.

- Having feelings of isolation, loneliness, conflict and grief can lower your immune system. Get more social contact with your family, friends and neighbors.
- Limit the amount of news you listen to, watch and read each day.
- Write down 3 things that you are grateful for each day.
- Identify 1 to 2 positive people to talk to each week.
- Limit contact with people or situations that increase stress and conflict.

Supplements

There are no specific studies on use of supplements to treat post-COVID syndrome. Supplements do support general immune health.

Here are the supplements that have the most evidence for immune support:

- vitamin C
 - 500 mg 2 times each day
 - Talk with your doctor if you have a history of kidney stones.

- zinc (citrate, picolinate, glycinate capsules or gluconate lozenge)
 - 25 to 30 mg each day with food
- vitamin D3
 - 2,000 IU each day with food.

Call the Penny George Institute for Health and Healing

Penny George Institute for Health and Healing provides services such as Traditional Chinese Medicine herbal consults, acupuncture, integrative medicine and integrative nutrition to help support your recovery from COVID-19.

Visit allinahealth.org or call 612-863-3333 to set up an in-person or virtual appointment.

Learn more at: livewell.learnitlive.com.

Learn More About COVID-19

- The Centers for Disease Control and Prevention at cdc.gov
- U.S. Department of Health & Human Services at hhs.gov
- Minnesota Department of Health at health.state.mn.us
- Minnesota Department of Health COVID hotline at 651-201-3920 or 1-800-657-3903 (7 a.m. to 7 p.m.)
- Allina Health at allinahealth.org/coronavirus.