

# As You Recover From COVID-19: What You Need to Know

## COVID-19 Can Affect You Long After COVID-19 is Confirmed

COVID-19 (coronavirus) can cause many side effects. They can last a long time after you are diagnosed.

It's important you know the possible COVID-19 effects while you recover at home.

Rehabilitation can help you return to an activity level you enjoyed before your hospital stay. Physical therapy, occupational therapy and speech language pathology can help you with the lingering effects of COVID-19.

## Symptoms to Watch for

Contact your primary care provider if you have any symptoms. Ask about a referral for rehabilitation services.

Symptoms can include:

- inability to do your everyday activities
- inability to walk more than 150 feet or needing help walking any distance
- feeling unsteady or off-balance, or having a recent fall
- problems swallowing or needing to change the foods you are eating
- weakness which may include trouble getting in and out of bed, getting out of chair, or having trouble carrying items
- feeling numbness and tingling in your arms, legs, hands or feet
- shortness of breath while at rest or while doing a low-level activity (such as walking from one room to another)
- having new pain that makes it hard to do your everyday activities
- having trouble finding the right words, having memory issues, being unable to concentrate, not being able to stay organized, or feeling foggy.