

Resources for People with Post-COVID Conditions



See a health care provider

Talk with a health care provider about your symptoms.

They can do a check-up, rule out other health conditions, and help you find specialists.

- Need help finding health care? Call your county information line 2-1-1 or visit 211ca.org.
- Want to talk to a provider without leaving home? Ask your provider about telehealth.
- Learn more at bit.ly/cdphtelehealth.
- Fill out and bring the Post-COVID Symptoms Log to your appointment cdph.ca.gov/longcovid.



Find more information about long COVID at cdph.ca.gov/longcovid.



Seek additional post-COVID care

At post-COVID clinics, you can get specialized care and a customized treatment plan.

- List of post-COVID clinics – Survivor Corps: survivorcorps.com/pccc
- Can't go in person? Ask clinics about telehealth appointment options. Learn more at bit.ly/cdphtelehealth.
- Try resources at home. See [Bouncing Back From COVID-19: Your Guide to Restoring Movement from Johns Hopkins Medicine](#).



Request support at work

Post-COVID conditions can qualify as a disability under the Americans with Disabilities Act (ADA).

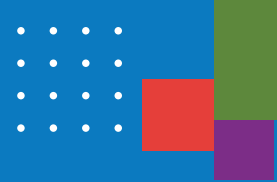
Talk with your employer or Human Resources department about work accommodations. You can also apply for disability benefits.



Scan the QR code to see interactive links on this flyer.



Resources for Long COVID Care



Request support at school

Students may be eligible for educational accommodations under the Individuals with Disabilities Education Act. Ask your school about accommodations to make learning more manageable.



Join academic studies

Participate in academic studies, which are exploring the causes of and new potential treatments for post-COVID conditions. For example, the RECOVER study was launched by the National Institutes of Health (NIH). Learn more at recovercovid.org.



Join support groups

Find support among others experiencing long COVID.

- [Body Politic](#)
- [Long COVID Alliance](#)
- [Survivor Corps](#)
- [Long COVID Kids](#).



Take care of mental health

Long COVID can be challenging for both people experiencing it and their loved ones and caregivers. **Add mental health resources to your personal care toolbox.** Checkout resources at namica.org.

