

Long COVID can affect every part of a person's life. Long COVID patients told us:

Long COVID  
Info Service

*"I don't go out as much as I used to, I've pretty much become a homebody."*

*"After I wake up I have energy for about 2 hours. After that I feel like I haven't slept in days."*

*"There are times when I know what I want to say, but I can't figure out how to say it."*

*"I just want my brain back."*

**Know  
someone with  
Long COVID?**  
*You can help.*



# It can be hard to know how to help a loved one who is struggling with Long COVID. *Here are some tips:*

## Do...

1. **Listen & Support.** People with Long COVID can feel like no one wants to hear about their struggles or believes them at all. Let your loved ones know you see their struggles and want to help.

*"I know you've been having a hard time. I'm here if you need to talk. I want to understand what you're dealing with."*

2. **Be patient.** Symptoms like pain, brain fog, or fatigue may cause frustration when they make day to day life harder. If your loved one forgets something, makes a mistake or cannot do something be kind. Long COVID makes things harder but understanding and kindness can help your loved one through difficult times.

*"It's okay, I know this is hard for you right now."*

3. **Offer Specific Help.** Someone who is struggling may not know how to ask for help. Let your loved ones know how you can help but be flexible.

*"Can I come over on Tuesday at 6? I can bring dinner and help you clean. Let me know if another time works better." Or "I'm going to the grocery store this Friday. I can pick up whatever you need and drop it off".*

Try saying...

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## Don't...

1. **Be Dismissive.** Long COVID is real and can be life changing. This can be different for each person. Don't dismiss your loved one's struggles.

*"You're just tired, you can push through." or "You have to be better by now. It's all in your head."*

Avoid comments like:

2. **Offer Medical Advice.** Doctors and medical researchers are still figuring out the causes of Long COVID and looking for treatments. Don't offer medical advice. Avoid suggesting "quick fixes" or "cures". General advice, like for example, "just exercise" could be harmful.

*"I heard 'x' can cure Long COVID." "Try working out more, you'll feel better."*

Avoid comments like:

3. **Compare Experiences.** Each person is unique, so don't compare your COVID-19 experiences to theirs. Those with Long COVID can have serious lasting symptoms.

*"I had COVID too, I was sick for two weeks. I know how you feel."*

Avoid comments like: