

# Know someone with Long COVID?

*You can help.*

Swipe for some tips

## 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.**

Try saying...

*"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."*

## Be Patient

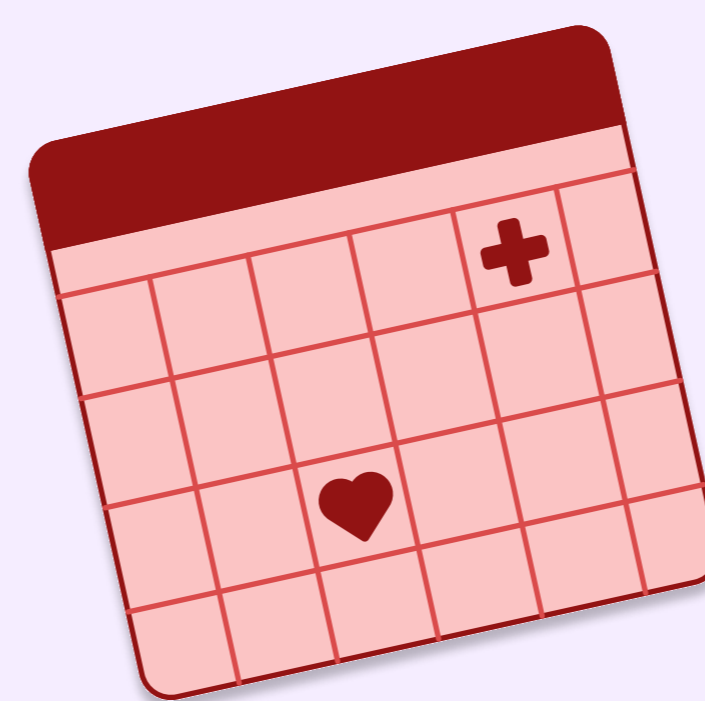
Symptoms like pain, brain fog, or fatigue may cause frustration when they make day to day life harder. If your loved one forgets something, makes a mistake or cannot do something, be kind. Long COVID makes things harder but **understanding and kindness can help your loved one through difficult times.**

Try saying...

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

## 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.**



Try saying...

*"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".*