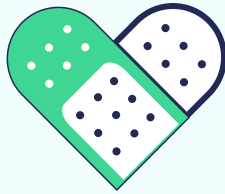


Our Mission

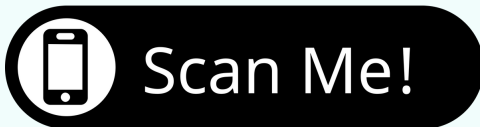
The **We Got Us Empowerment Project** is a grassroots collective of Black community members, health professional students, college students, high school youth, health professionals, and allies dedicated to improving the health of our communities through the following pillars:

Our Pillars

Access
Education
Healing



For more information about health resources, COVID-19 support, and We Got Us, feel free to scan the QR code below!



For more info visit wegotusproject.org
Follow us @wegotusproject

Long COVID Resources

What do I do if I think I have Long COVID?

If you think you have Long COVID, please reach out to your healthcare provider. If you do not have one, consider going to a local clinic or utilizing the resources found below.

What resources do I have?

There are many resources available to you if you think you have Long COVID. These resources include medical resources, support groups, mental health resources, and more. Many of these resources are offered through major hospitals like Boston Medical Center (BMC), Beth Israel Deaconess Medical Center, and Brigham and Women's Hospital. You may also find resources at your local community health center. Scan the QR code below to see a small list of Long COVID resources in Boston!



Long COVID Information



Long COVID?

What is Long COVID?

Long COVID is the **long-term symptoms that people can experience** after getting sick with COVID-19.

*Long COVID can also be known as long-haul COVID, post-acute COVID-19, chronic COVID, etc.

What do I need to know about Long COVID?

Long COVID includes a **wide range of ongoing health problems that can last weeks, months, or even years** after a COVID infection.

There is **no single test to determine** if an individual has Long COVID. A diagnosis is based on a person's medical history, potential COVID infection, and a thorough discussion with a healthcare provider.

Can anyone get Long COVID?

Studies have shown that **around 30% of people sick with COVID-19 experience Long COVID.**

Furthermore, Long COVID seems to impact more individuals who have preexisting health problems, are unvaccinated, are older, and are female. However, **anyone can get Long COVID.**

Source:

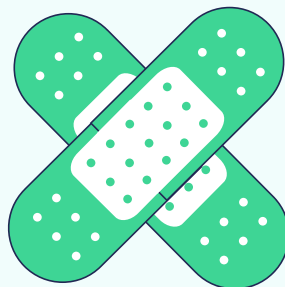
1. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
2. <https://www.webmd.com/lung/news/20220420/30-percent-of-covid-patients-in-study-developed-long-covid>

Important Information

What are the common symptoms of Long COVID?

Common symptoms of Long COVID:

1. Fatigue (Tiredness) that interferes with daily life
2. Breathing & Heart Problems: cough, shortness of breath, chest pain, palpitations
3. Neurological (Head) Problems: headache, confusion, lightheadedness, anxiety, sleep problems
4. Digestive (Stomach) Problems: diarrhea, stomachaches
5. Other Problems: joint/muscle pain, changes in menstrual cycle



Is Long COVID contagious?

No, people with Long COVID who have symptoms are **not contagious**. After 10 days since the start of their symptoms, most people who get sick with COVID-19 are no longer contagious.

Source:

1. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
2. <https://www1.nyc.gov/assets/doh/downloads/pdf/covid/covid-19-long-covid-faq.pdf>

Treatment & Prevention

How is Long COVID treated?

There is **no singular treatment** for somebody experiencing Long COVID symptoms. If you are concerned, **meet with a healthcare provider to create a personalized plan** to improve symptoms and quality of life.

Should I go to urgent care or the emergency room?

If you are experiencing Long COVID symptoms, you should **discuss this with your healthcare provider**. If you truly believe your symptoms are that severe or think you are experiencing a medical emergency, please seek out the nearest urgent care or emergency room. **You know your body best!**

If I have Long COVID, can I still get vaccinated for COVID-19?

Yes. Since it is possible to get COVID more than once, consider getting your COVID-19 vaccine or booster. **The vaccines are safe and can even boost your protection against COVID-19!**



Source:

1. <https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>
2. <https://www1.nyc.gov/assets/doh/downloads/pdf/covid/covid-19-long-covid-faq.pdf>