HEALTHCARE (1)
Ways your Healthcare Provider can best assist in the long term:
- Allow continuous access to individuals that suffered from COVID.
- Minimize the burden on individuals caring for themselves by helping them find and access the care they need.
- Continuity of care should be clearly established.
- Patient care should be multidisciplinary, including but not limited to: rehabilitation, respiratory and cardiac consultant, physiotherapist, occupational therapist, psychologist, neurologist to name a few.
- Investigation and management should be consistent to wherever care is received.
- Clinical teams need to work with patients to improve services.

HOW TO COPE (2,3)
- Maintain a healthy diet, engage in regular exercise, and get adequate sleep.
- Take advantage of outdoor activities while still maintaining social distancing.
- Do not isolate, connect with others through appropriate social distancing or virtual possibilities.
- Take a break from social media and the news.
- Preserve daily routines as much as possible.
- Stay informed with reliable sources such as cdc.gov to better understand your risks of infection and how to best mitigate those risks.
- Seek help if you need it.

DISEASE PREVENTION (4)
- Both older and younger individuals have reported experiencing symptoms long after having COVID-19.
- Some of the manifestations of symptoms include: organ damage, ongoing viral infections, persistent hyperinflammation, and psychological issues to name a few.
- Ongoing research continues to find out the effects people are having post a COVID infection.
- How to prevent these diseases: FOLLOW COVID PROTOCOLS!
  - Wear your mask, Wash your hands, Physical/ Social Distance.

VACCINATIONS (5)
- According to the CDC, those individuals who have had prior exposure to or tested positive to COVID-19, should wait until full recovery from the infection before getting vaccinated.
- If received monoclonal antibodies, wait 90 days before getting vaccinated.
- Wait at least 14 days between other vaccines and the COVID-19 vaccine.
- Remember getting vaccinated outweighs getting the infection!
  - Please remember to check your local community for what phase you belong to and register to get your vaccine.