



ALL YOU NEED TO KNOW ABOUT POST-ACUTE COVID-19 SYNDROME (PACS)

- PACS: It stands for Post Acute COVID-19 Syndrome. A general consensus according to multiple sources is any individual who had COVID-19 and is experiencing lingering symptoms effecting multiple organ systems past the typical timeline of recovery.

EFFECTS ON THOSE WITH PACS

- Everyone from staff to patients are likely to be physically, emotionally, mentally and spiritually exhausted.
- Deaths may have occurred. Allow time for grieving.
- Talk with patients and staff to evaluate a plan of action and determine what was effective and what could be done differently.
- Continue practicing everyday preventative actions such as washing hands, disinfecting surfaces, etc.
- Expand emergency planning and lines of communication for future outbreaks.

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.

SOURCE:

- 1.LADDS, EMMA, ALEX RUSHFORTH, SIETSE WIERINGA, SHARON TAYLOR, CLARE RAYNER, LAIBA HUSAIN, AND TRISHA GREENHALGH. "PERSISTENT SYMPTOMS AFTER COVID-19: QUALITATIVE STUDY OF 114 'LONG COVID' PATIENTS AND DRAFT QUALITY PRINCIPLES FOR SERVICES." BMC HEALTH SERVICES RESEARCH 20, NO. 1 (DECEMBER 20, 2020): 1144. [HTTPS://DOI.ORG/10.1186/S12913-020-06001-Y](https://doi.org/10.1186/s12913-020-06001-y).
2. [HTTPS://WWW.WHO.INT/DOCS/DEFAULT-SOURCE/CORONAVIRUS/COPING-WITH-STRESS.PDF](https://www.who.int/docs/default-source/coronavirus/coping-with-stress.pdf)
3. [HTTPS://PSYCHIATRY.UCSF.EDU/COPINGRESOURCES/COVID19](https://psychiatry.ucsf.edu/copingresources/covid19)
4. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/HCP/CLINICAL-CARE/LATE-SEQUELAE.HTML](https://www.cdc.gov/coronavirus/2019-ncov/hcp/clinical-care/late-sequelae.html)
5. [HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/VACCINES/FAQ.HTML](https://www.cdc.gov/coronavirus/2019-ncov/vaccines/faq.html)

