

COVID CAN IMPACT PHYSICAL HEALTH

The COVID pandemic has impacted many people in many ways with physical health remaining as one of the most prevalent. Struggles pertaining to one's physical health may include worrying about contracting COVID, experiencing current COVID symptoms, or dealing with long-term effects (Long COVID). The effects of the virus do not discriminate with age, and range in intensity from person to person. Here are some useful tips that can help you manage your physical health during COVID.

COVID SYMPTOMS

Reach out to a doctor with any COVID related questions.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>

EXERCISE POST-COVID

After experiencing COVID symptoms, allow yourself to slowly build up strength.

<https://www.webmd.com/lung/news/20210308/four-steps-to-ease-covid-patients-back-to-exercise>

WHAT IS LONG COVID?

Educate yourself and family members about Long COVID and post COVID conditions.

<https://news.harvard.edu/gazette/story/2021/04/harvard-medical-school-expert-explains-long-covid/>

SUPPORT FOR LONG COVID

Online support groups for “Long Haulers” are forming and Post-COVID care clinics are opening at various medical centers across the United States.

<https://www.facebook.com/groups/373920943948661>

<https://www.beckershospitalreview.com/patient-safety-outcomes/13-hospitals-health-systems-that-have-launched-post-covid-19-clinics.html>

Understand that there may be new limitations on you or a friend or family member impacted by COVID. Have a conversation about how you can get help or help others with the new reality. Be kind to yourself and others who haven't fully recovered yet. Offer help when possible, accept help when it's offered.

While navigating these difficult times, **JEWISH FAMILY SERVICE** is here to help manage the stress and uncertainty. Our staff is dedicated to providing peer support for anyone who needs assistance dealing with COVID related stressors. If you would like to speak with a crisis counselor, please call **973-842-4463**.



This program is brought to you through the New Jersey Hope and Healing Crisis Counseling Program (CCP). The CCP is provided by Jewish Family Service of Clifton-Passaic in collaboration with the New Jersey Department of Human Services' Division of Mental Health and Addiction Services and is funded through a FEMA/SAMHSA grant.

