

Long COVID Patient and Client Resources



Long COVID can have far-reaching effects on patients' lives. APTA has compiled these resources that you can select from to share with your patients and clients as appropriate.

General Resources

[COVID.gov](#). This official site of the U.S. Department of Health and Human Services includes resources about long COVID, with links to definitions and a Quick Start Guide to services and supports for people with long COVID.

[Centers for Disease Control and Prevention Long COVID or Post-COVID Conditions](#). This CDC webpage includes a description of long COVID, symptoms, risk factors, data collection, and more.

Patient and Client Resources

Long COVID resources from World Physiotherapy's World PT Day 2021 Campaign (available in multiple languages):

- [Rehabilitation and Long Covid Information Sheets](#). Five colorful information sheets, developed for World PT Day in 2021, are meant to be shared with patients to explain aspects of long COVID.
- [Activity Diary](#). Patients can download and track their weekly activity, rest, and sleep.

[CDC Patient Tips: Healthcare Provider Appointments for Post-COVID Conditions](#). This resource for the general public explains how to prepare for a health care provider appointment when someone has or suspects they have long COVID.

Work or School Resources

[Job Accommodation Network COVID-19 Resources](#). The organization offers guidance on job accommodations and disability employment issues; the COVID-19 webpage includes links to dozens of resources for employees and employers related to support, accommodations, and safety.

U.S. Department of Labor Family and Medical Leave Act:

- [COVID-19 and the Family and Medical Leave Act](#). The Department of Labor answers questions related to FMLA and COVID-19.
- [Intermittent FMLA/reduced leave](#). This FAQ response specifically addresses situations when leave can be taken intermittently (in separate blocks of time) or on a reduced schedule (working fewer hours daily or weekly).

[Guidance on Long COVID as a Disability Under the Americans with Disabilities Act, Section 504, and Section 1557](#). The Office of Civil Rights of the U.S. Department of Health and Human Services and the Civil Rights

Division of the Department of Justice explains that long COVID can be a disability under the ADA, protecting people with disabilities from discrimination.

Caregiver Resources

[CDC: Caring for People With Post-COVID Conditions](#). This resource for the general public describes way to relieve some of the burdens of experiencing or caring for someone with post-COVID-19 conditions.

Research Studies

[National Institutes of Health COVID-19 Clinical Trials](#). NIH is conducting clinical trials and seeking participants.

Last Updated: 09/26/2022

Contact: practice@apta.org