

FAMILY ENGAGEMENT & SUPPORT FAST FACTS

Emergency Preparedness for Rural Clients with Long COVID: Support Tips for Families & Professionals



QUICK TIP! ◀.....

Build a simple emergency plan with your clients. Start with an updated list of emergency contacts and medications. Then, identify primary and backup transportation options. Ensure you identify the nearest available healthcare and community resources in advance!

WHAT IS THE ISSUE?

- Rural clients with Long COVID may face limited access to healthcare and emergency services.
- Long COVID symptoms and co-occurring conditions can increase health risks and unpredictability.
- Delays in care may occur due to distance, transportation or provider shortages.

HEALTH & SAFETY IMPACTS

- Emergency response times in rural areas may be longer than in urban settings.
- Limited access to care can lead to worsening symptoms or delayed treatment.
- Clients may rely more on self-management and advance planning during health changes.

SUPPORT TIPS

- **Assess access early:** Identify distance to care, transportation options and local resources.
- **Plan ahead for emergencies:** Discuss what to do, where to go and how to get there.
- **Monitor changing symptoms:** Recognize that symptoms may escalate quickly or unexpectedly.
- **Connect across systems:** Coordinate with healthcare providers and community services when possible.
- **Encourage ongoing care:** Support regular check-ins and early intervention to prevent crises.
- **Explore telehealth:** Consider telehealth appointments to help address transportation barriers and maintain access to ongoing care.

LEARN MORE

- Adab, P. et, al. (2022). [Comorbidities and Covid-19.](#)
- Definitive Healthcare. (2024). [Top hospitals in Mississippi by net patient revenue.](#) Definitive Healthcare.
- Mell, H. K., et, al. (2017). [Emergency medical services response times in rural, suburban, and urban areas.](#)

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