

## FAMILY ENGAGEMENT & SUPPORT FAST FACTS

# Long COVID and You: Understanding Your Rights and Support Options

### WHAT IS LONG COVID?

- Long COVID is a condition that can happen after having COVID-19.
- Symptoms may come and go, change over time, and affect different parts of the body.
- Common challenges include fatigue, trouble focusing and changes in daily functioning.

### SUPPORT TIPS

- **Know your rights:** Long COVID may be considered a disability under the Americans with Disabilities Act (ADA).
- **Ask for support:** You may request workplace accommodations or services, such as a flexible schedule, additional breaks, remote work options, or modified job duties.
- **Practice self-advocacy:** Be prepared to describe your symptoms and needs.
- **Connect with others:** Support groups or peers can help reduce isolation.
- **Stay connected with your healthcare team:** Talk with your providers about any changes in your symptoms or daily activities.
- **Take small steps:** Focus on manageable goals and pacing your energy.

### COMMON CHALLENGES

- Work or daily tasks may feel more difficult or take longer than before.
- You may feel more tired or have trouble concentrating (“brain fog”).
- Some people may not understand your experience, making it harder to get support.



### NEXT STEPS ...

1. Learn more about your symptoms.
2. Practice describing your needs
3. Ask about workplace accommodations.
4. Connect with others with similar experiences.
5. Reach out for support (e.g., the Career Horizons Project if you live in Mississippi).

### LEARN MORE

- Akande, A. O. (2025). Vocational Rehabilitation and Long COVID-19: Utilizing a Matrix for Multi-Level Interventions.
- Davis, H. E., et al. (2021). Characterizing Long COVID in an international cohort: 7 months of symptoms and their impact.
- National Academies of Sciences, Engineering, and Medicine (2024). A Long COVID definition: A chronic, systemic disease state with profound consequences.

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