

FAMILY ENGAGEMENT & SUPPORT FAST FACTS

Navigating Long COVID Together: Support Tips for Families & Professionals



WHAT IS LONG COVID?

- Ongoing symptoms weeks, or months, after COVID-19 infection
- May affect physical health, thinking/memory (“brain fog”), emotional well-being, daily functioning and work capacity

WAYS FAMILIES CAN HELP

- Help track symptoms and share updates with healthcare providers.
- Assist with scheduling appointments.
- Share household responsibilities.
- Support energy management and pacing strategies.

HOW IT IMPACTS FAMILIES

- Chronic illness, like Long COVID, can shift family roles, routines and caregiving needs.
- Families may experience stress, uncertainty, and ongoing adjustment, including stress related to managing health, work, and caregiving responsibilities at the same time.
- Support often requires a long-term, flexible approach.

SUPPORT TIPS

- **Listen and validate:** Symptoms are real, even if invisible.
- **Think beyond the individual:** Consider family needs and supports.
- **Plan flexibly:** Adjust goals based on energy and symptom changes.
- **Support mental health:** Watch for signs of stress, anxiety, or depression, and encourage people to seek counseling or other support when needed.
- **Encourage pacing:** Balance activity with rest to avoid setbacks. For example, prepare meals ahead of time, use shared calendars, organize school materials in advance, and create backup plans for transportation and childcare
- **Communicate openly:** Check in regularly about needs, challenges, and what support would be most helpful.

LEARN MORE

- Aiyegbusi et al. (2021). [Symptoms, complications, and management of Long COVID: A review.](#)
- Crook et al. (2021). [Long COVID - Mechanisms, risk factors, and management.](#)
- Rolland, J. S. (2020). [COVID-19 pandemic: Applying a multisystemic lens.](#)

The contents of this document were developed under grant H421F240107 from the U.S. Department of Education (Department). The Department does not mandate or prescribe practices, models, or other activities described or discussed in this document. The contents of this document may contain examples of, adaptations of, and links to resources created and maintained by another public or private organization. The Department does not control or guarantee the accuracy, relevance, timeliness, or completeness of this outside information. The content of this presentation does not necessarily represent the policy of the Department. This publication is not intended to represent the views or policy of or be an endorsement of any views expressed or materials provided by any Federal agency. (EDGAR 75.620)



MISSISSIPPI STATE UNIVERSITY™
CAREER HORIZONS PROJECT

Mississippi State University is an equal opportunity institution.

*For more resources, visit
careerhorizonsproject.msstate.edu*