

WHAT TO EXPECT AFTER A COVID HOSPITALIZATION

COVID-19 is a new disease and it is not yet fully understood. We know that some patients experience very few side effects and return to normal relatively quickly. We also know that some patients have ongoing problems after they recover from COVID-19.

We do not know which patients will have these ongoing problems and which patients will recover completely. We want to share some of the possible ongoing problems that you may experience and some resources to help if you do experience these problems.

PHYSICAL PROBLEMS

- Feeling more tired and weak than before your hospitalization
- Difficulty performing daily tasks around the house
- Blurred vision
- Loss of smell and/or taste
- Joint Pain
- Breathlessness
- Blood clots
- Rashes



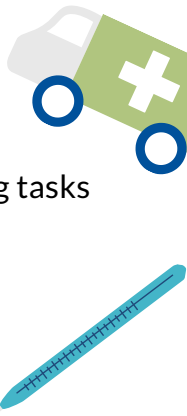
WHAT SHOULD I DO IF I EXPERIENCE THESE ONGOING PROBLEMS?

- If you find you are experiencing any of these ongoing problems, ask your primary care doctor or caregiver to refer you to someone who can help you with your recovery. For example, an occupational therapist can help people relearn life skills or a psychiatrist can help with anxiety or depression.
- People with preexisting medical or mental conditions should continue their treatment and be aware of new or worsening symptoms.
- If you, or someone you care about, are feeling overwhelmed with emotions like sadness, depression, or anxiety, call the Substance Abuse and Mental Health Services Administration's Disaster Distress Helpline: 1.800.985.5990 or text TalkWithUs to 66746. (TTY 1.800.846.8517)

MENTAL HEALTH AND THINKING PROBLEMS

Due to visitor policies for hospitalized patients with COVID-19, patients may feel more isolated and anxious during their hospitalizations. Sedating and sleeping medications are also sometimes used during hospitalization (particularly in patients who had a breathing tube) which can lead patients to feeling more confused and less aware of their surroundings. Because of this, we believe some patients may experience the following mental health and mental functioning problems after a COVID hospitalization:

- Memory loss
- Decreased attention
- Inability to perform some thinking tasks that were easy prior to your hospitalization
- Anxiety
- Depression
- Post Traumatic Stress Disorder
- Sleep problems/nightmares



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