

Welcome to the Emory Long COVID Clinic

There is a lot that is still unknown about the causes of Long COVID syndrome. However, there is continuing research and new discoveries every day. At the Emory Long COVID clinic, management and treatment plans are based on extensive experience taking care of patients and the most current research. Not all treatment plans will work for everyone; you and your clinician will partner together to adjust your personalized treatment plan. It will take time to see improvement in your symptoms, keeping in mind that there is currently no cure at this time for Long Covid Syndrome.

WHAT TO EXPECT

An evaluation of your personal health status will be completed. Questionnaires will be provided to help assess medical and rehabilitation needs.

Our screening methods may include:

- Review of your Medications
- Pulmonary Functioning Testing - A test to see how well your lungs are working.
- Questionnaires to evaluate general signs, symptoms, and functional assessments
- Montreal Cognitive Assessment (MoCA) – administered by your clinician on your first visit
- Review of your plan of care with your clinician
- Social work assessment
- Psychological assessment

Sometimes, it may take a while to get an appointment with us, and often patients are eager to unload everything they have been feeling and experiencing. It is important to focus on answering the doctor's questions directly so we can better address your specific needs. If additional details are needed, your physician will ask you about them.

FOLLOW-UP

You and your clinician will decide on a follow-up schedule. At check-out, our staff will assist you with scheduling any additional testing or referrals. We work as one team here at the Emory Long COVID Clinic, and you may see either a physician or a nurse practitioner on your follow-up visit. Any questions you have prior to your follow-up appointment can be sent through Epic MyChart or by calling 404-686-2505.

FORMS COMPLETION

Through the course of having Long COVID syndrome, you may have forms or paperwork that need to be completed, such as FMLA. Due to staffing limitations, we ask that you first work with your primary care provider's office, and we will gladly send any supporting documentation or test results. We apologize for any inconvenience and appreciate your understanding.

IN CONCLUSION

Thank you for choosing us to help you through your Long COVID journey. We look forward to working with you.

Living with Long COVID

Symptoms of Long COVID can be hard to live with and can sometimes be hard to diagnose. Patients are often left feeling isolated or unheard by their doctors. What you are going through is real and is impacting many other Americans, some of whom may not know they even have Long COVID. Although there is very little research available on interventions to help with Long COVID syndrome, the following are some suggestions that may help you feel better.

Exercise: Many patients report that they will feel worse if they don't get a mild amount of regular exercise. Understandably, this can be challenging given the fatigue that most patients feel. We recommend a regular regimen of mild exercise such as slow walks for 10- 15 minutes, which is slowly increased over weeks to months. Additionally, using small weights or resistance bands, such as 2.5- 5 lbs barbells, and working on strength training can improve function, fatigue, and stress levels. It is important when exercising to listen to your body, rest when needed, and not to push yourself too hard.

Hydration: If patients get dehydrated, they often feel like their symptoms are worse. We recommend that you drink water aggressively until your urine is clear in color. This recommendation only applies to patients without chronic heart or kidney disease. If you have these conditions, please consult our physician. Additionally, be aware that caffeinated drinks such as soda and coffee can dehydrate you.

Sleep: Sleep deprivation will often worsen brain fog and fatigue. We encourage getting approximately 8 hours of restful sleep every night.

Infection prevention: Infections, such as the flu or contracting COVID again, will often worsen a patient's symptoms. Prevention through getting appropriate vaccines and wearing masks when in crowded places will help decrease your chances of getting infected. We recommend getting the appropriate COVID vaccination when it's due. If you get COVID, the use of Paxlovid®, an antiviral for acute COVID infections, may help reduce the risk of worsening or getting Long COVID syndrome. Make sure you let your doctor know early if you test positive for COVID, so the appropriate therapy can be given.

Vitamins: There is very little data showing vitamin supplementation helps with Long COVID syndrome, though the risk of taking vitamins in patients without liver or kidney disease is minimal. Vitamins that may help improve symptoms include:

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| - Alpha-lipoic acid | - Turmeric |
| - L-Arginine | - Vitamin D |
| - Palmitoylethanolamide + luteolin (for brain fog) | - Vitamin B complex (for fatigue) |

Diet: The following diets have helped some patients feel better:

- low histamine diet (minimal acidic or spicy foods such as tomatoes, vinegars, or hot sauce)
- anti-inflammatory diet (reduction in red meats, processed meats, fried foods, sugary and fatty foods)
- gluten-free diet (if they have dizziness or palpitations)