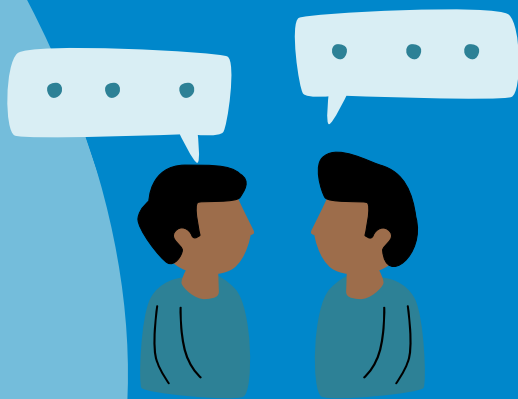


Communicating about Long COVID

Talk to people about Long COVID

- **Affirm** the significance of their symptoms
- **Ask** them to talk to a healthcare provider
- **Help** people get ready for healthcare appointment. Remind them to bring:
 - Brief history of their experience with COVID-19 and Long COVID
 - Complete list of medications
 - A list of questions and concerns



Share how research volunteers are more protected than ever

- Volunteers' rights and well-being are protected when they enroll in research
- Studies undergo in depth review **before, during and after** the study
- Researchers are required to protect all personal information

How to Help scientists understand Long COVID

- **RECOVER** initiative (Recovercovid.org)
 - Aim to: understand, prevent, and treat Long COVID
- Anyone can volunteer to participate
- RECOVER values community voices: recovercovid.org/contact-us

Scan for more information:

