

COVID-19 Treatment

People who test positive for COVID and who are at risk for getting very sick should get treatment **right away**. That includes people with these conditions

- Cancer
- Cerebrovascular disease or stroke
- Chronic kidney disease
- Chronic liver diseases
- Chronic lung diseases
- Cystic fibrosis
- Dementia or other neurological (brain) conditions
- Diabetes
- Disabilities
- Heart conditions
- HIV Infection
- Mental health disorders
- Organ or stem cell transplant
- Overweight and obesity
- Physical inactivity
- Pregnancy
- Sickle cell disease or thalassemia
- Smoking cigarettes (current or former)
- Substance abuse
- Tuberculosis
- Weakened immune system



Evusheld Long-Acting Antibodies

Evusheld is available for people who are immunocompromised such as people who

- Have cancer
- Have had an organ or stem cell transplant.
- Have severe HIV
- Have a weakened immune system.

It can be used in addition to vaccines to give more protection against COVID-19.

People who are interested in this treatment should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to see if Evusheld is right for them.



Oral Medicines

Who can get it: People ages 12 or older, who are COVID positive, who are not hospitalized, and who are at high risk for getting very sick.

How to use it: People using oral COVID treatments will need to take 3-4 pills, twice a day, for 5 days. Oral treatments need to be taken within 5 days of starting symptoms.

People who are interested in this treatment should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to find a prescription.



IV Medications

Who can get it: IV medications can be given to people who are 12 years or older, who are COVID positive, and who are not in the hospital.

How to get it: You have to get IV treatments within 10 days of when you started symptoms. You have to get them in a clinic, hospital or healthcare center.

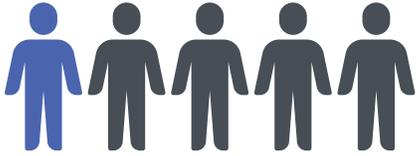
People who are interested in this treatment should talk to their doctor or call the COVID-19 hotline at 1-855-600-3453 to find an infusion center.

Long COVID

What is Long COVID?

Some people who have had COVID experience long-term effects. The World Health Organization defines Long COVID as still having symptoms related to COVID-19 for 3 months or longer after a COVID-19 infection. Most symptoms improve slowly over time. See common Long COVID symptoms on the next page.

How common is Long COVID?



The CDC estimates that about 1 in 5 adults develops Long COVID. There is no test to diagnose Long COVID and healthcare providers will want to be sure that symptoms aren't due to other health conditions. Long COVID is more common in adults, but children can have it too.

Who is more likely to have Long COVID?

Studies show that some groups of people may be more likely to have Long COVID. While this is not a complete list, the CDC provides examples of people or groups who might be more at risk for developing Long COVID:



People who got very sick from COVID, especially those who were hospitalized or needed intensive care.



People who did not get a COVID-19 vaccine.



People who had underlying health conditions before getting COVID.



People who experience multisystem inflammatory syndrome (MIS) during or after having COVID-19.

How can I prevent Long COVID?

Staying up-to-date with COVID-19 vaccines helps prevent COVID and getting very sick from COVID. Research suggests that people who are vaccinated and who get COVID are less likely to report having long COVID symptoms compared to people who are unvaccinated. The best way to prevent Long COVID is to protect yourself from getting COVID.



Stay up-to-date with vaccines



Wear a mask



Social distance

Living with Long COVID.

Living with Long COVID can be hard especially when there are no immediate answers or solutions. However, people experiencing Long COVID can work with healthcare providers to come up with a medical management plan specifically for them and may also consider reaching out for professional mental and emotional support. Taking these steps may improve symptoms and quality of life.

For more information, visit cv.nmhealth.org/long-covid

LONG COVID SYMPTOMS

People with Long COVID have had COVID-19 and still have symptoms that can't be explained by another diagnosis for 3 months or longer after being infected. Most patients' symptoms slowly improve over time.

Mental Health Symptoms

- Anxiety
- Depression

Neurological Symptoms

- Difficulty thinking or concentrating (“brain fog”)
- Headache
- Sleep problems
- Dizziness when you stand up (lightheadedness)
- Numbing or pins-and-needles feelings
- Change in smell or taste

Lung and Heart Symptoms

- Difficulty breathing or shortness of breath
- Cough
- Chest pain
- Fast-beating or pounding heart (heart palpitations)

Musculoskeletal Symptoms

- Joint pain
- Muscle pain

Digestive Symptoms

- Diarrhea
- Stomach pain

Skin Symptoms

- Rash

Other Symptoms

- Fever
- Tiredness or fatigue that interferes with daily life
- Changes in menstrual cycles
- Symptoms that get worse after physical or mental effort