

Stoney Health Service's team is available to assist you with diagnosing, monitoring and treating Long COVID and its symptoms.

Call our Healthcare Team Today!

Make an appointment at
403-881-3920

Physiotherapy can help with pain management, exercise to strengthen your body and improve your breathing, and strategies to help manage your energy.

Book a physiotherapy appointment (403) 881-2749

Doctors to assess symptoms, diagnosis and provide a referral to a specialist.

Nurses to help you understand and monitor symptoms.

Mental Health Team can help manage anxiety and depression.

Are there long-term effects of COVID-19?

Understanding and Treating Long COVID

Stoney Health Services



Contact your Healthcare Provider

Recovering from COVID-19 is different for everyone. These are signs you should call your healthcare provider.



- are worried about your recovery
- feel short of breath and it's not getting better, no matter what you try
- feel very short of breath doing things that are normally easy for you
- find that your attention, memory, thinking, or energy levels are not getting better
- have symptoms that make it very hard or that stop you from doing your regular daily activities (like caring for yourself or going back to work or school)
- feel depressed, anxious, or stressed and this feeling isn't getting better



**Call 9-1-1 or
403-932-2222
for Urgent
Medical Care**

- serious trouble breathing (struggling for each breath, only able to say 1 word at a time)
- very bad chest pain
- having a hard time waking up
- feeling very confused
- passing out or fainting

What is Long COVID?

People who have recovered from Covid-19 may experience symptoms that last for longer than 4 weeks. This is now called Long Covid, and can affect your whole body.

Your symptoms may come and go over time.

Symptoms of Long COVID

- Symptoms that get worse after mental or physical activities
- Cough, sore throat, problems swallowing
- Changes to taste or sense of smell
- Ringing in the ears, earaches
- Dizziness or lightheaded when you stand up
- Stomach problems: diarrhea/constipation, stomach aches, loss of appetite
- Rashes
- Body pain, joints pain or headache
- Shortness of breath or difficulty breathing
- Rapid or irregular heartbeat
- Chest pain
- Feeling very weak and tired or lack of energy
- Problems with memory and concentration "Brain Fog"
- Anxiety or depression