

# Patient Resources for Long COVID

If you have had COVID-19 and have symptoms that last longer than four weeks, there are options to help you manage your symptoms.

This sheet contains the most common self-management resources.

## Self-Management Resources

- AHS site [“Getting Healthy after COVID-19”](#)
  - List of resources
  - Patient videos
- Patient self-management resources
  - Available on [MyHealth.Alberta.ca](#)
  - Translated into 11 languages
- Health Link (811) and Addiction & Mental Health Help
- [Frequently Asked Questions](#) (translated)
- Alberta Healthy Living Programs’ [webinar series for patients](#)
- [Together4Health](#)

## Phone Numbers

- 911 for severe or emergent symptoms
- 811 (Health Link) to assess your symptoms and determine if you need to be seen urgently
- Rehab Advice Line 1-833-379-0563 for post COVID recovery help for symptoms that last longer than four weeks
- Mental Health Helpline: 1-877-303-2642

For more information and additional resources, please go to our patient website:

[COVID-19 Getting Healthy After COVID-19](#)

If you have any questions please speak to your healthcare provider.



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