



First Nations Health Authority
Health through wellness

FREQUENTLY ASKED QUESTIONS

Living with Post-COVID-19

What is Post-COVID-19?

Post-COVID-19 is an umbrella term for any symptoms that remain after you are initially infected with COVID-19. Some people who have had COVID-19 experience a range of symptoms that can last months or years after the initial illness, which can then have a significant impact on quality of life and function.

About 2.5-10% of people who had COVID-19 may have symptoms for longer than three months.

Post-COVID-19 has also been defined as a long persistent group of symptoms following COVID-19, typically lasting longer than three months.

What are the common symptoms of Post-COVID-19?

Common symptoms of Post-COVID-19 include:

- Fatigue
- Cough
- Brain fog and cognitive issues
- Taste and smell changes
- Shortness of breath or breathlessness
- Joint and muscle pains
- Diarrhea, nausea and/or abdominal pain
- Worsening of symptoms following even minor physical or mental exertion
- Lack of appetite
- Weight loss
- Sore throat
- Dizziness
- Headache
- Chest pain or heart palpitations

Why do I feel better sometimes and then feel worse again?

The pattern of symptoms related to Post-COVID-19 can fluctuate. Sometimes the symptoms are less severe, and then at other times have you feeling worse. Symptoms can sometimes worsen because of stress. These “flares” in symptoms can happen 24-48 hours after a triggering event such as a physical stress (e.g., a long bike ride), a cognitive stress (e.g., a day of work), or an emotional stress (e.g., socializing in a small or large group).

What can I do if I think I have Post-COVID-19?

Speak to your Doctor or Nurse Practitioner

It is important to connect with your Family Doctor, Nurse Practitioner (NP) or Primary Care Provider if you have had COVID-19 and have lingering symptoms lasting longer than three months.

Get a Referral

Your Doctor or NP can [refer](#) you to the Post-COVID-19 Interdisciplinary Care Network, which is a group of BC clinics that support people who are struggling to recover from COVID-19. There are currently four clinics located in BC, and the clinics offer both in-person and virtual appointments.

To be referred, you must be experiencing symptoms that limit your daily activities and that have been affecting you for at least three months following your presumed or confirmed COVID-19 illness. You do not need a positive COVID test to be referred.

If you do not have a family doctor or a primary care provider, please connect with the FNHA Virtual Doctor of the Day by calling 1.855.344.3800 to book an appointment. You can find out more information about Virtual Doctor of the Day on the FNHA website: [First Nations Virtual Doctor of the Day - How It Works](#)

Find out more about Post-COVID-19

For current, detailed information about Post-COVID-19 recovery please refer to the Provincial Health Services Authority (PHSA) website: [Living with Persistent Post-COVID-19 Symptoms \(phsa.ca\)](#)

Here you will find important information about self-care, clinical care, informational videos and additional care information. A good place to start is to watch the two videos linked below.

[I had COVID-19 and I'm not back to my usual self](#) and [Understanding your post-COVID-19 symptoms](#)

What other resources are available to support my recovery from Post-COVID-19?

Financial Support

The Government of Canada has some financial benefits available to support people who are experiencing Post-COVID-19 including a [Canada Recovery Sickness Benefit](#). A brief overview to help identify what federal benefits may help in your situation can be found by visiting <https://covid-benefits.alpha.canada.ca/en/start>

Medical Transportation

Medical transportation (MT) benefits, including assistance with the cost of meals, accommodation and transportation to help you travel to a medical appointment - like a Post-COVID-19 Interdisciplinary Care Clinic, for example - are available. For more information on MT benefits, please visit <https://www.fnha.ca/benefits/medical-transportation>

Mental Health, Wellness and Cultural Support.

Living with an ongoing health condition is challenging and can result in feelings of fatigue, worry and disconnection among others. [Mental health and cultural supports](#) to keep us well spiritually, mentally, physically and emotionally, are available through telephone support, and by both in-person and virtual appointments.