

# COVID-19

## If you have had COVID-19

Some of your symptoms can last for weeks and months. This is called long COVID.

We can help, if you have:



Trouble thinking, remembering or concentrating



Loss of taste or smell



Fast or irregular heartbeat



Weakness and fatigue all the time



Shortness of breath or a cough that won't go away



Stress, anxiety or depression



Trouble walking or moving



Been unable to go back to work



Joint or muscle pain



Problems swallowing

Contact us:



SCAN ME

Visit: [ahs.ca/healthyaftercovid](https://ahs.ca/healthyaftercovid)  
or [ahs.ca/RAL](https://ahs.ca/RAL)

Call: 1-833-379-0563

We're in this together.  
We'll get through it together.

