

**Long COVID Fact Sheet and Checklist:**  
***Print Media, Publication, Marketing/Promotion/Materials***  
**86. Specialty Item**

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**Description**

VA and Titan Alpha developed a Long COVID Fact Sheet and Checklist to help Veterans identify if they have symptoms of Long COVID and communicate them to their care team. This Fact Sheet and Checklist is the companion to VA's Whole Health System Approach to Long COVID Guide. The first of its kind, it is a resource to identify the most common symptoms and conditions that can be attributed to Long COVID and makes care recommendations using a Whole Health approach for managing Veterans' care. The Guide is written in easily understood language for health care providers, but since the terminology may not be clear to patients, we have created the Fact Sheet and Checklist as a companion. It gives examples of possible symptoms and provides space to write down symptoms for Veterans to share with their clinicians.

**Background**

Veterans who have had COVID-19 can experience long-term and life-changing effects from their infection; this is known as Long COVID. It is estimated that 4-7% of Veterans diagnosed with COVID-19 have or will develop Long COVID. As more Veterans become infected with COVID-19, the need for Long COVID care will increase. As the largest healthcare system in the US, VA is uniquely positioned to learn about the virus, develop standards resulting from treatment efficacy and continue to follow the symptoms and secondary illnesses of Long COVID.

**Audience and Goals**

Brain fog, or cognitive impairment, is one of the most common symptoms associated with Long COVID. Our goal is for Veterans to learn what Long COVID is and help them identify and share possible symptoms with their care team, to ensure they receive the correct care. This fact sheet was designed using plain language copy and a simple design that is easy to read and is 508 compliant.

**Distribution**

This campaign was distributed to VA medical centers across the country.

**Additional Details**

**Office:** Department of Veterans Affairs (VA), Veterans Health Administration (VHA), Office of Healthcare Transformation (OHT), Strategic Engagement Team (SET)

**Project Leads (Clients)**

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