

About this guide

I got COVID back in October; I was double vaccinated, healthy as a horse, wore a mask a work, but it didn't matter. It still came for me, and as the weeks rolled on it became clear it was going to stay with me.

I have #LongCOVID, which is a sort of umbrella term for the myriad weirdnesses that can linger long, long after the initial infection.

There's a LOT more I want to say into about this, but this seemed like the best place to start. One of the ways LongCOVID arises is neglecting home-care during the initial phases of #postviralfatigue. That is to say: treating this like a normal illness and trying to "push through!" That is actually the opposite of what you want to do. What you want to do is REST. Rest so much more than you think you need to. I read this advice in an article about ME/CFS (chronic fatigue) itself a thing that arises after a viral infection – and it said: "rest like your quality of life depends on it – because it does."

–Maggie

Recovering from COVID after the worst is over

A guide on overcoming a long spell of viral fatigue



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#LongCOVID #longhauers #CFS #ME/CFS



**Above all, be kind and patient
with yourself**

Reintroduce exercise slowly and carefully.
Remember to eat even when you have no appetite.
Your body is working hard to heal you. Let it.



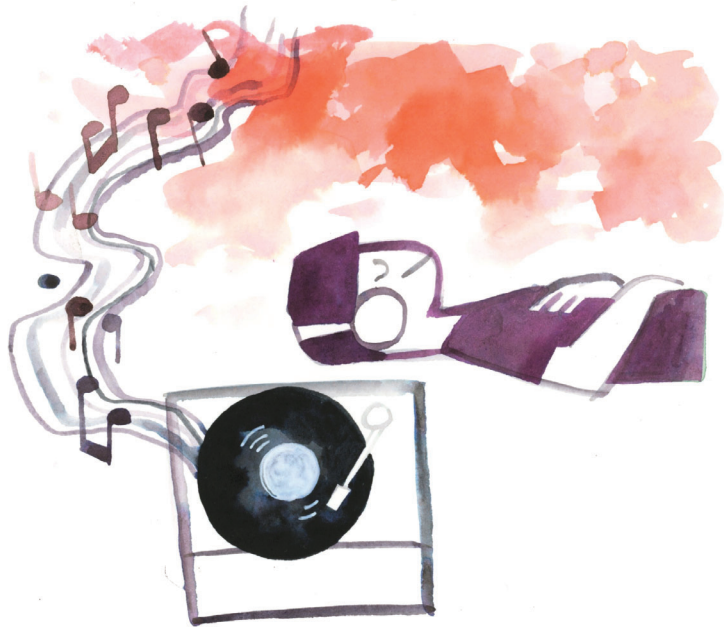
**This will probably continue longer
than you want**

Here's the hard truth: recovery might take all year or even longer. It will take time and there will be setbacks. It's not as easy as just bouncing back from the common cold--it's like dealing with mumps or measles in the old days.



Rest like your life depends on it

Sometimes, long COVID symptoms persist when a person's not rested enough during initial recovery. So rest like your life depends on it, because it does.



Not all rest is equal

How you rest matters--this means no doomscrolling, and no stimulating movies or videogames. That soothing favorite album from high school? Perfect.



Remember, you are not alone

Connect with others online who are in a similar situation. Look around on Twitter, consider the Body Politic Covid-19 Support Group and check out the Reddit communities for LongCovid, Longhaulers and CFS (chronic fatigue syndrome).



Track how you're doing

Keep a daily log of your symptoms, including what might have made them better or worse that day. (This is helpful for doctors.) Consider getting a gadget (e.g. Fitbit) that automatically logs your heart rate.



Need to catch up on stuff?

Think again! Keep on resting, especially if you've finished up at work. Rearrange your schedule and space to make things easier for yourself.



When you REALLY need to do stuff, break it down

Need to do a household chore? Break it up into tiny tiny tasks. Let go of: "I need to finish this." Instead, think: "I have moved that task along."



Ask for help!

Delegate absolutely anything you can. Ask housemates/friends/neighbors to help with things like loading the laundry, taking out the garbage, and picking up groceries. Most people know what long COVID is--they will be eager to help.