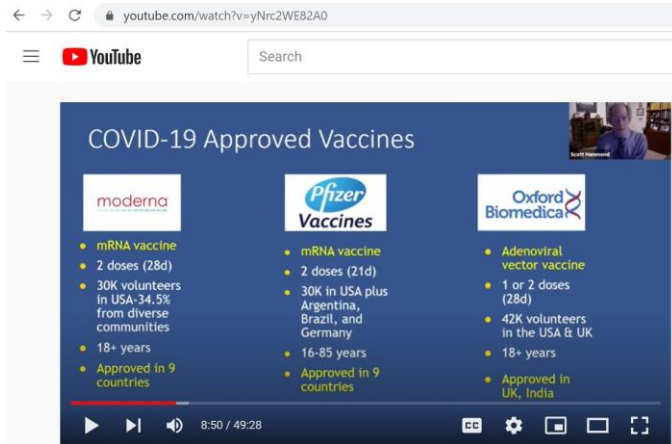


Resources

COVID-19 Vaccines Webinar with Dr. Scott Hammond - What are they, How do they work, What are the myths and concerns?

<https://www.youtube.com/watch?v=yNrc2WE82A0>



COVID-19 Vaccination Locations

Find locations at -

<https://covid19.colorado.gov/>

or scan!



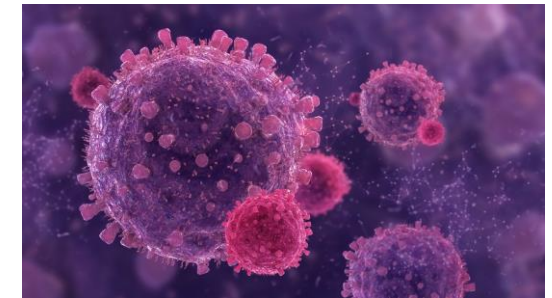
Questions for Your Provider

- ✓ How long will my COVID symptoms last?
- ✓ What can I expect in recovery from COVID?
- ✓ Does the vaccine protect me from getting COVID-19 even if I have already had a COVID-19 infection?
- ✓ Is one vaccine brand better than another for me?
- ✓ Are there any long-term effects of getting the vaccine?

- ✓ _____
- ✓ _____



COVID-19 INFECTION AND RECOVERY



This information is compiled from various articles and research from the CDC, American Academy of Family Physicians, the Mayo Clinic, and Johns Hopkins Medicine. This brochure provides some basic information on the topic, but may not apply to everyone.

Talk to your medical provider today to get more information on this health topic.

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What is COVID-19?

COVID-19 comes from the family of viruses known as SARS CoV-2. COVID-19 is generally spread through the air when particles of the virus are released from a cough or a sneeze of an infected person then inhaled by another person.

Symptoms can develop anywhere between 2-14 days AFTER exposure to the virus. It is possible to spread the virus without having symptoms, which is what makes this virus incredibly contagious.

Symptoms may include the following, whether vaccinated or not vaccinated:

- Fever or chills,
- Cough,
- Shortness of breath or difficulty breathing,
- Headache,
- Sneezing,
- Sore throat,
- Runny nose,
- Diarrhea,
- New loss of taste or smell,
- Nausea or vomiting,
- Muscle pain, muscle or body aches,
- General fatigue & tiredness.

Prevention

Just like the common cold and other illnesses, the most effective way to prevent COVID-19 is by:

- Getting the COVID-19 vaccine,
- Washing your hands (using hand sanitizer when washing is not an option),
- Covering coughs and sneezes,
- Staying home when sick, and
- Wearing a mask and distancing yourself from others in public places,
- Eating nutritious foods and exercise.

COVID-19 Treatment

If you are experiencing any symptoms, first, contact your primary care provider. Treatment for COVID will depend on the severity of the symptoms and your body's overall response to the virus.

For mild illness, the best treatment will be rest, managing symptoms with over the counter medications such as Tylenol, Ibuprofen, or nasal decongestants. Also, get plenty of rest and stay hydrated.

For more severe cases, treatment will vary and usually occur within a hospital setting and can include prolonged oxygen support, pain relief or in the worst cases, being put on a ventilator to help breathing.

Monoclonal Antibody Therapy

This treatment is for people who have recently been diagnosed with COVID-19, have mild symptoms, and are at high risk for getting a severe infection. Those not belonging to one of the high-risk groups will not be considered under the FDA guidance at this time. Due to increasing cases of COVID-19 and a high demand for monoclonal antibody treatment, all orders for monoclonal antibody therapy will be reviewed and prioritization will be given based on patient risk and treatment availability.

Need Support?

Health Coaching: Learn more about healthy eating, exercise, stress management and healthy living. Your health coach works with you and your medical provider to support you in identifying and working towards your goals by providing you with the education, tools and support you need. Health coaching can be helpful in not only recovery from COVID, but also aid you in prevention!

COVID-19 Recovery & Healing

We are still learning about what happens after you are infected with COVID-19 and how long specific symptoms can affect your everyday life. Some of the most common symptoms that people experience after COVID-19 infection are:

- Brain fog/memory issues
- Ongoing fatigue
- Joint and muscle pain
- Tingling nerve sensations
- Headaches
- Sleep issues
- Mood changes
- Digestive problems
- Continued "COVID-like" symptoms.



Photo Source: <https://www.yashoda-hospitals.com/>

One of the more severe conditions that can occur after you have COVID is called Multisystem Inflammatory Syndrome (MIS). MIS is when several organs have inflammatory responses at the same time, which can cause pain, swelling, and weakness throughout the body. Symptoms can range from mild to severe and MIS can last for weeks to a few months.

If the symptoms above last for more than 4-12 weeks after COVID infection, schedule a visit to talk with your Provider. Westminster Medical Clinic recommends the following in recovery and healing from COVID (plans may vary based on what you and your Provider decide):

- Evaluation with Cardiology, Pulmonology, or Neurology, and Behavioral-Mental Health,
- Anti-Inflammatory Diet,
- Relaxation Techniques,
- Improved Sleep, and
- Social Connection.

Your Provider and the clinic hope to help support your improved daily functioning, health, and wellbeing since COVID infection, physically, psychologically, socially, and spiritually.

