

The CDC lists common symptoms of post-Covid complaints:

Tiredness or fatigue	Headache	Loss of smell or taste
Dizziness on standing	Chest Pain	Cough
Joint or muscle pain	Depression or anxiety	Fever
Difficulty breathing or shortness of breath		
Fast-beating or pounding heart (also known as heart palpitations)		
Difficulty thinking or concentrating (sometimes referred to as “brain fog”)		
Symptoms that get worse after physical or mental activities		

A recent study published in the Lancet evaluated patients six months after hospital discharge. Approximately 75% of the 1,655 hospitalized COVID-19 patients in Wuhan, China, continued to have at least one symptom six months after discharge.

Another Lancet study evaluated the neurologic and psychiatric outcomes in 236 379 Covid-19 survivors six months after infection. One-third met the criteria for a neurological or psychiatric diagnosis within six months of infection. Anxiety, depression, muscle pain, substance abuse, and insomnia were the most commonly reported conditions.

Patients in St. Louis and the surrounding area with post-Covid condition symptoms can access help through the: **WASHINGTON UNIVERSITY CARE AND RECOVERY AFTER COVID-19 CLINIC.”**

The Washington University “Care and Recovery After COVID-19 (CARE) Clinic”

supports and treats patients who have continued symptoms or complications after confirmed COVID-19 illness. These long-term issues can include problems with the heart, lungs, kidneys, brain, blood clotting, and sleep and mood disorders.

They offer:

- Clinic visits 30 days COVID-19 illness, and then follow-up visits every three months for the first year
- Comprehensive assessment, evaluation and up-to-date supportive management of symptoms
- Screening for potential COVID-19 related complications
- When needed, coordination of specialized care from our team of experts in:

Cardiology	Endocrinology	Gastroenterology
Hematology	Infectious Diseases	Nephrology
Neurology	Occupational Therapy	Physical Therapy
Pulmonology		
- Communication with a patient’s primary care physician to discuss recommendations

Appointments (*Physician referral not required*)

Eligible patients (those who have had a positive case of COVID-19, confirmed by a nasal swab, saliva or blood antibody test) can schedule by calling **314-996-8103** and asking for an appointment in the **CARE Clinic**.

Location: Barnes-Jewish West County Hospital, Medical Office Building 1
1040 N. Mason Rd, Suite 122, Creve Coeur, MO 63141