

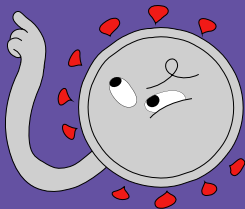
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You can have informed conversations about Long COVID.

Here's what you can say.



When talking about Long COVID with someone who might not know about it, keep these tips in mind.

- Offer helpful information and clear up misconceptions.
- Be friendly and encouraging. Don't judge or criticize their feelings or symptoms.
- Acknowledge the challenges of living with Long COVID while highlighting support options.
- Remember you're talking about it because you care.

Here are some helpful conversation starters.

“ Have you heard of Long COVID? Would you like to know more about it? ”

“ Can I explain what it feels like to have Long COVID? Let me know if these symptoms are familiar to you. ”

“ Do you want to know how you can support someone with Long COVID? ”

“ Do you want to learn more about it? I'm happy to continue this conversation any time. ”