

Long-COVID Exercise

Disclaimer: This exercise is designed as an exercise to help understand the experience of those living with chronic illness. Our understanding of COVID is progressing rapidly and should not be seen as indicative of current medical research.

Press the [1-20 number generator](#) and write a response on how this will affect your life. For each set of symptoms, consider how you would cope and what would need to change in all areas of life (Health, Hobbies, Goals, Work, Family, Friends, Housing, Other areas). Write these down.

Long COVID symptoms can come and go. Assume that your prior symptoms disappear with each new time interval.

0-30 Days

1-4
<ul style="list-style-type: none">You experience a painful cough, chronic joint pain and exhaustion that limits your physical activity to 1-2 hours before requiring 30 minutes of rest.Symptoms gradually decrease and by day 14 you are asymptomatic
5-9
<ul style="list-style-type: none">You lose your sense of smell and tasteYou experience chest pain, chronic cough and chronic shortness of breath that gets worse with exercise and conversations lasts more than 10-20 minutesThe symptoms gradually decrease and by day 14 you are asymptomatic
10-14
<ul style="list-style-type: none">You develop a painful cough and experience joint pain and exhaustion that limits your physical activity to 1-2 hours before requiring 30 minutes of rest.You have difficulty concentrating during conversations and are unable to watch television or work for more than 15-20 minutes at a time in cognitive tasks. You frequently have to re-read book passagesYou are unable to walk more than 1 block without sitting down
15-20
<ul style="list-style-type: none">You develop a painful cough and experience joint pain and exhaustion. You are unable to complete physical tasks that take more than 10-15 minutes without resting for 1-2 hours afterwardsYou have difficulty concentrating during conversations and are unable to watch television or work for more than 15-20 minutes at a time in cognitive tasks. You frequently have to re-read book passagesYou are unable to walk more than 2 blocks without sitting down to rest for 30 minutes

30-90 Days

1-4
<ul style="list-style-type: none">• You experience dizziness and are unable to perform exercises that elevate your heart rate without risking fainting. You are unable to drive due to difficulty concentrating and experience nausea when driving a vehicle.
<ul style="list-style-type: none">• You are unable to drive due to difficulty concentrating and experience nausea when in a vehicle.
<ul style="list-style-type: none">• You experience tremors throughout your body that prevent you from sleeping through the night.
<ul style="list-style-type: none">• You experience periodic inflammation and a feeling of intense burning in your hands, arms, and legs that last for days at a time. It disrupts your sleep, makes physical activities painful and concentration
5-9
<ul style="list-style-type: none">• You lose your sense of smell and taste
<ul style="list-style-type: none">• You experience chest pain, chronic cough and chronic shortness of breath that gets worse with exercise and conversations lasts more than 10-20 minutes
<ul style="list-style-type: none">• You experience migraines 3-6 days per week that last for 6-12 hours. The migraines create light sensitivity that requires you to stay indoors with dim lighting and limit screen time to 3 hours per day.
10-14
<ul style="list-style-type: none">• You experience severe exhaustion and difficulty with memory and concentration (brain fog).
<ul style="list-style-type: none">• You have difficulty concentrating during conversations and are unable to watch television or work for more than 15-20 minutes at a time in cognitive tasks.
15-20
<ul style="list-style-type: none">• You are unable to complete physical tasks that take more than 10-15 minutes days without resting for 1-2 hours afterwards
<ul style="list-style-type: none">• You are unable to walk more than 3 block without sitting down to rest for 30 minutes
<ul style="list-style-type: none">• You experience difficulty with concentrating and cognitive tasks. You are often unable to recall tasks you just completed as well as follow television shows, reading material, and conversations

90+ Days

1-4
<ul style="list-style-type: none">You experience difficulty concentrating and cognitive tasks is difficult. You are forgetful and may be frustrated being unable to recall tasks you just completed and information you just read/watched.
<ul style="list-style-type: none">You experience tremors throughout your body that awaken you several times throughout the night
<ul style="list-style-type: none">You develop Arthritis which makes it painful to perform physical tasks on a computer and physical chores for periods of more than 20-30 minutes at a time
5-9
<ul style="list-style-type: none">You experience migraines 3-6 days per week that last for 6-12 hours. The migraines create light sensitivity that requires you to stay indoors with dim lighting and limit screen time to 2-3 hours per day.
<ul style="list-style-type: none">You experience tremors throughout your body that awaken you several times throughout the night
<ul style="list-style-type: none">You experience intense lower back pain from standing for more than 30 minutes and strenuous exercise (cardio, weightlifting, home renovations, etc.). You are able to perform light chores and households tasks
10-14
<ul style="list-style-type: none">You experience difficulty with memory and concentration (brain fog). You have difficulty concentrating during conversations and are unable to watch television or work for more than 15-20 minutes at a time in cognitive tasks.
<ul style="list-style-type: none">You experience dizziness and heart and are unable to perform exercises that elevate your heart rate without risking fainting.
<ul style="list-style-type: none">You are unable to drive due to difficulty concentrating and experience nausea when in a vehicle
15-20
<ul style="list-style-type: none">You are unable to complete household chores that take more than 30 minutes most days without resting for 1-2 hours afterwards. Some days the exhaustion is less, and you are able to work or and complete chores for 1-3 hours but it is difficult to predict when this will be. You are able to perform light chores and household tasks
<ul style="list-style-type: none">You are unable to walk more than 3 blocks without sitting down to rest for 30 minutes
<ul style="list-style-type: none">You experience difficulty with concentrating and cognitive tasks. You are often unable to recall tasks you just completed as well as follow television shows, reading material, and conversations