

Video-Audio Transcript

Dr. Samuel Sears, director of physician services for OSF Behavioral Health

According to Dr. Sears, many long-haulers have anxiety because they have so many unanswered questions.

"When are my symptoms going to get better? When am I going to feel a certain way? When? When? When?' And ultimately, many of these things there aren't concrete answers of 'You're going to have difficulties for this amount of time,' because again, while we've learned an awful lot about COVID-19 over the last year-plus, we don't know everything yet." (:24)

OSF HealthCare is using rehab that has been used on stroke patients, those with concussions and other traumatic brain injury to try to help patients with so called "brain fog."

"We do know that things that have direct neurologic impact take much longer to heal than other body systems, which tend to heal at a much faster rate than neurologic issues." (:13)

The advice for loved ones of long haulers – just be supportive.

"While you may not understand the experience they're having, being there to support and listen can be incredibly helpful to the individual. And just because you don't understand what they're going through doesn't mean your support can't mean the world to them." (:18)