

Common Symptoms of “Long COVID”: Provider Checklist¹

Resident Name: _____

Check All That Apply	General Symptoms
<input type="checkbox"/>	Tiredness or fatigue that interferes with daily life.
<input type="checkbox"/>	Symptoms that get worse after physical or mental effort (also known as “post-exertional malaise”)
<input type="checkbox"/>	Fever
Respiratory and Heart Symptoms	
<input type="checkbox"/>	Difficulty breathing or shortness of breath
<input type="checkbox"/>	Cough
<input type="checkbox"/>	Chest pain
<input type="checkbox"/>	Fast-beating or pounding heart (also known as heart palpitations)
Neurological Symptoms	
<input type="checkbox"/>	Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
<input type="checkbox"/>	Headache
<input type="checkbox"/>	Sleep problems
<input type="checkbox"/>	Dizziness when you stand up (Lightheadedness)
<input type="checkbox"/>	Pins-and-needles feelings
<input type="checkbox"/>	Change in smell or taste
<input type="checkbox"/>	Depression or anxiety
Digestive Symptoms	
<input type="checkbox"/>	Diarrhea
<input type="checkbox"/>	Stomach Pain
Other Symptoms	
<input type="checkbox"/>	Joint or muscle pain
<input type="checkbox"/>	Rash
<input type="checkbox"/>	Changes in menstrual cycles

¹ https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F

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For your risk management and safety needs, contact Nationwide Loss Control Services: 1-866-808-2101 or LCS@nationwide.com.