

COVID-19 Long Haulers



Welcome to the COVID-19 Webinar series. As the COVID-19 pandemic has progressed over time, experts have coined a new term to describe COVID-19 patients affected by the related symptoms in a long-term period: 'Long Haulers.' These individuals may have chronic diseases and/or underlying conditions which already affect their respiratory system. By developing COVID-19, these symptoms may remain for weeks or even months after diagnosis. By reviewing what a long hauler is, we aim to educate on how their health is impacted and how to manage the effects. The to-do list is to help guide you on all the sections you will complete in this module.

To-Do List

- Complete Pre-Test
- Watch COVID-19 Long Haulers Webinar
- Complete Post-Test

Pre-Test

Please complete the pre-test before watching the video, reviewing content, or completing any related assignments. You are not expected to know every answer. The pre-test is to get an idea of how much you know about the topic before learning about it. Click on the button below to access the pre-test.

[Click Here to Begin the Pre-Test](#)

COVID-19 Long Haulers Webinar

Watch the COVID-19 Long Haulers Webinar presented by presented by Andrea Garcia and Marianna Cisneros, employees of Scripps Mercy Hospital Chula Vista. Click the image below to access the webinar.

This webinar will cover the following topics:

- *Summary of who is a long hauler*
- *An overview of symptoms and health issues*
- *Which organs are impacted?*
- *How to function with chronic disease*
- *Any new developments*
- *Testimony from a long hauler*



Post-Test

Please complete this post-test once you have reviewed all content. Click on the button below to access the post-test.

[Click Here to Begin the Post-Test](#)

Related News Sources from Webinar

- Texas hits 1 million Covid infections as outbreak worsens in El Paso- <https://www.nbcnews.com/nightly-news/video/texas-hits-1-million-covid-infections-as-outbreak-worsens-in-el-paso-95522373813>
- US sets new coronavirus record for 3rd day in a row, topping 126,000 cases- <https://www.today.com/video/us-sets-new-coronavirus-record-for-3rd-day-in-a-row-topping-126-000-cases-95505477601>
- 'I Didn't Think I Was Going to Make It out Alive': San Diego ICU Nurse Battles COVID-19- <https://www.nbcsandiego.com/news/local/san-diego-icu-nurse-battles-covid-19-i-didnt-think-i-was-going-to-make-it-out-alive/2437879/?fbclid=IwAR3Q9WzjXtreAvep3d00WjuEWDqA55LciNZaIXZH3gd5-zheJeQdEmLIUTA>
- San Diego ICU nurse shares COVID-19 story: from active fitness competitor to unable to walk- https://www.10news.com/news/coronavirus/san-diego-icu-nurse-shares-covid-19-story-from-active-fitness-competitor-to-unable-to-walk?fbclid=IwAR0059xxqCa7XFP5IEavdkfZ_SYejHqiF4lchZ3n4VEuet_dccDiGJp9Mp4