



UChicago Student Wellness

Student Resources for Care After COVID-19

A small percentage of COVID-19 patients become “long haulers”—people who have not recovered weeks or months after their first symptoms of COVID-19. Fatigue and fatigue-related symptoms, such as brain fog and lightheadedness, are among the common symptoms reported by long haulers. Other classic COVID-19 complaints—cough, shortness of breath, and loss of taste or smell—can also persist. **If you struggle with long-term symptoms, there are resources available to support you.**

- **Medical Care:** If you have questions or concerns about your physical health, including what activities are safe to resume after your isolation period is over or new symptoms, please reach out to UChicago Student Wellness at 773-834-WELL (9355), or visit our website for more information on our **medical services**. You can also ask for a referral or advice about seeking care at UChicago Medicine’s Post-COVID Recovery Clinic (note: students on U-SHIP need a referral from UChicago Student Wellness to see specialists at UChicago Medicine).
- **UChicago Medicine’s Post-COVID Recovery Clinic:** To make an appointment with UCM’s **Post-COVID Recovery Clinic**, please call 773-702-7826. The goal of this clinic is to evaluate patients for complications of COVID-19 infection, support them through the recovery process, and connect them with available resources, including specialty care. An initial telehealth visit will include a review of symptoms, tests, and previously completed treatments. UCM clinicians will also assess behavioral health needs, quality of life, and impact on work and family. A follow-up visit will be scheduled to discuss test results and next steps.
- **Mental Health Care:** Managing long-term illness can also impact your mental health. Services available to support your mental health include:
 - **Individual therapy sessions**
 - **Let’s Talk**, which provides access to free, informal, and confidential drop-in consultations with therapists from UChicago Student Wellness.
- **Wellness Resources:** Through **Wellness Coaching**, students receive one-on-one support for navigating transitions and overcoming challenges. Other **wellness programming** includes 30-minute weekly drop-in **mindfulness meditation sessions** to help reduce stress. Meditation sessions also are available on demand on the **UChicago Student Wellness YouTube channel**.
- **Academic accommodations:** Students experiencing long-term symptoms can contact Student Disability Services to discuss whether the condition qualifies as a disability, making them eligible for formal academic accommodations. You can initiate this process on the **Student Disability Services website**.

Source: <https://www.uchicagomedicine.org/forefront/coronavirus-disease-covid-19/new-clinic-for-covid-long-haulers>