

# LONG COVID AND POST EXERTIONAL MALAISE

If you think you may have, or if you have been diagnosed with Long Covid - One of your symptoms may be Post Exertional Malaise (PEM)

- Feeling worse after doing even simple things like - Thinking, Moving or being Social
- This means symptoms can get worse 12 to 48 hours after such activities, lasting for days or even weeks
- It feels like a set back

You can use **STOP, REST** and **PACE** to help you manage your activities so that they do not make you feel worse

**STOP** Stop activity **BEFORE** experiencing symptoms



**REST** Plan regular rest periods

Find the best ways for you to rest

Using Stop and Rest will give your body time to recover **IMPORTANTLY** – Learn to understand **PACE** for you



**PACE**

- Start by getting to know how much energy you have
- See how certain activities effect you and notice how much of an activity you can do without increasing symptoms
- It is very important you make sure you take breaks between activities



Practice pacing yourself so it becomes easier overtime as you learn to understand your body and what you are able to do without over doing things and making your symptoms worse

Go to your GP for further support and referral to Specialists who can help you with PEM

