

FOLLOW THE 4 P'S OF DEALING WITH LONG COVID

P PACING

Take frequent
breaks.

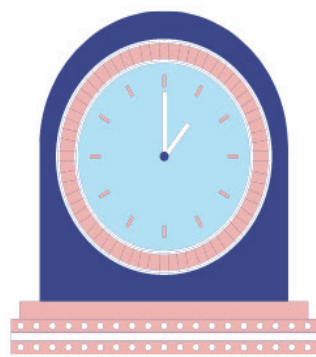


P PRIORITIZING

Let go of the things
that aren't as
important.

P PLANNING

Plan around when you
have energy.



P POSITIONING

Arrange surroundings in a way
that helps you conserve energy.

