# Long COVID resources

Long COVID is a condition that can develop after a COVID-19 infection. It includes many different symptoms, can impact every part of your body, and ranges from mild to severe. While most people with COVID-19 recover completely within a few weeks, some people develop long COVID and feel the effects for months or years.

Talk to a doctor or healthcare provider if you think you may have long COVID. Right now, there is no cure for long COVID, but a doctor may be able to help you manage symptoms.
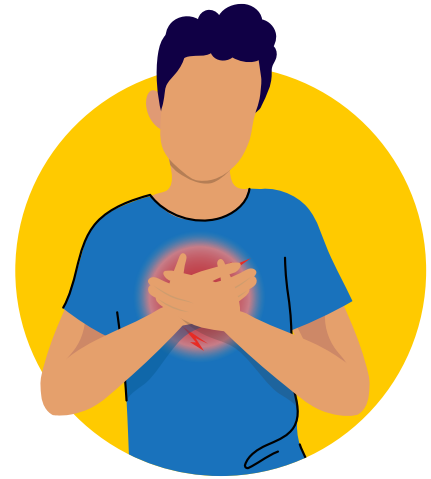
Utah clinics with long COVID programs

University of Utah COVID-19 Long Hauler Clinic

In person and telehealth options.
(801) 213-0884

A referral is needed from a physician for these services. Call 801-213-0884 or fax the provider referral to: 801-213-1147.
https://healthcare.utah.edu/locations/covid-19-clinic

Intermountain Health Long COVID Navigation System

In-person visits. No referral needed.
801-408-5888

Intermountain Pediatric Long COVID Navigation Clinic

In-person and telehealth options.
801-662-1639 (main office)

A referral is needed from a physician for these services. Call 801-662-1610 or fax the provider referral to 801-297-1639.
https://intermountainhealthcare.org/primary-childrens/programs-specialties/long-covid/

Bateman Horne Center

No referral needed. Apply at
https://batemanhornecenter.org/clinical-care/

https://batemanhornecenter.org/education/long-covid/

Northern Utah Rehabilitation Hospital

(801) 475-2102

A referral is needed from a physician for these services.
Fax the provider referral to:
(801) 475-2294.
https://nurh.ernesthealth.com/

Remember, the treatment that these clinics provide may or may not be covered by your health insurance. Ask your insurance company about potential costs prior to treatment so you know what to expect.

Support groups

People with long COVID can experience distress, anxiety, and depression. It can also be challenging to be in a supportive or caregiving role. There are Utah-based groups providing peer support with people who share similar experiences.

Bateman Horne Center has a support group for people with long COVID and their supporters and loved ones. You don't have to be a patient of BHC to attend. Find an up-to-date calendar with links to register at https://batemanhornecenter.org/events/.

University of Utah College of Nursing offers 2 different support groups. The Recovery Support Group is for people dealing with emotional struggles related to long COVID. The Grief Support Group supports those who have lost a loved one to COVID-19. Call 801-585-9522 to register or visit https://nursing.utah.edu/caring-connections.

Long COVID as a disability

If long COVID substantially limits one or more major life activities, then it can be classified as a disability under the Americans with Disabilities Act (ADA) guidelines.

- U.S. Department of Health and Human Services Guidance on "Long COVID" as a Disability Under the ADA https://www.hhs.gov/civil-rights/for-providers/civil-rights-covid19/guidance-long-covid-disability/index.html
- Utah Disability Law Center (800) 662-9080 or https://disabilitylawcenter.org/

You may also qualify for benefits like Medicaid or Social Security Disability Insurance. Learn more at https://www.ssa.gov/benefits/disability/ or contact an agency which helps people apply for these benefits:

- Ability 1st Utah 801-373-5044 or https://ability1stutah.org/contact-us/
- Utah Department of Workforce Services https://jobs.utah.gov/usor/dds/index.html
- Utah Legal Services https://www.utahlegalservices.org/

Learn more: https://coronavirus.utah.gov/covid19-long-haulers/