

# Healthcare disability accommodations and Long COVID

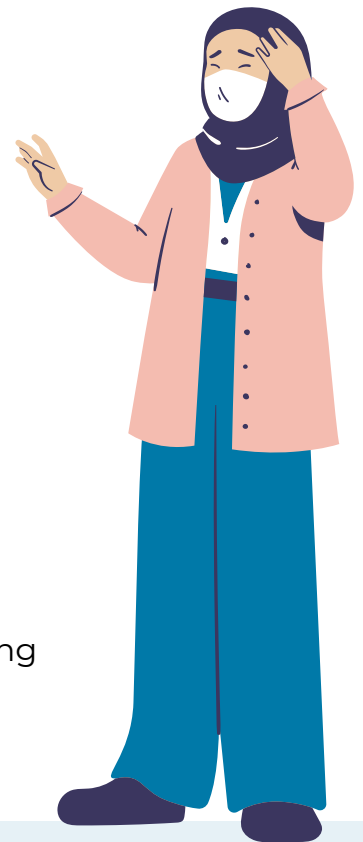


If you have a disability, such as Long COVID, you can ask for help when getting healthcare (also called reasonable accommodations).

## → What is Long COVID?

If you have Long COVID, you might have many symptoms that are hard to manage, such as:

- Brain fog
- Sleep problems
- Fever
- Dizziness when you stand up
- Heart problems
- Depression or anxiety
- Cough or shortness of breath
- Tiredness that interferes with your daily life



## → When is Long COVID considered a disability?

Long COVID may not always be considered a disability. To be considered a disability, it must limit one or more major life activities, such as:



Caring for oneself



Seeing



Hearing



Communicating with others



For Long COVID to be considered a disability, you will need a doctor's note explaining your situation. There is no standard way for doctors to determine if Long COVID is a disability for someone. Usually doctors make their decision based on things such as:

- Medical test results
- How your symptoms affect your daily life
- How well treatment options help lower your symptoms
- How long they expect your symptoms to last
- How your symptoms compare to others who don't have Long COVID

## → What kinds of things can be helpful when getting healthcare?



Help with scheduling appointments



Rest breaks, if your Long COVID makes you tired quickly



Special hours or extra time before or after appointments



Memory aids such as flow charts and checklists, if you have brain fog

## → How can I ask for help?



- “I have Long COVID and need help understanding all the information I get at appointments. Can you please share information with me in simple writing or pictures?”
- “I have Long COVID and I need some extra help with scheduling my appointment please.”

Talk to your doctor or the office manager. Tell them what they could do to meet your needs. Then, call or email them afterwards to summarize your discussion.

## → What if there are problems getting the help I need?

If you use Medicare or Medicaid, you can file a complaint if you feel you were treated unfairly because of your disability:



Call the HHS Office for Civil Rights toll-free (800) 368-1019 or TDD toll-free (800) 537-7697

### ✓ Learn more

To learn more about disability accommodations, visit:

- ✓ Getting the care you need: Guide for people with disabilities: [cms.gov/files/document/getting-care-you-need-guide-people-disabilities.pdf](https://cms.gov/files/document/getting-care-you-need-guide-people-disabilities.pdf)
- ✓ Long COVID accommodations: [askjan.org/blogs/jan/2021/03/Accommodating-Employees-with-COVID-19-or-Long-COVID.cfm](https://askjan.org/blogs/jan/2021/03/Accommodating-Employees-with-COVID-19-or-Long-COVID.cfm)
- ✓ Introduction to the Americans with Disabilities Act: [ada.gov/topics/intro-to-ada/](https://ada.gov/topics/intro-to-ada/)



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