

## **COVID-19 LONG HAULERS RESOURCE LIST:**

- **What does long COVID-19 mean?**

A person who has tested for COVID-19 and suffers symptoms for longer than 2 weeks is considered a **COVID-19 long hauler**.

Post-COVID conditions may also be known as **long COVID, long-haul COVID, post-acute COVID-19, long-term effects of COVID, or chronic COVID**. CDC and experts around the world are working to learn more about short- and long-term health effects associated with COVID-19, who gets them, and why. (<https://www.cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html>)

Although most people with COVID-19 get better within weeks of illness, some people experience post-COVID conditions. Post-COVID conditions are a wide range of new, returning, or ongoing health problems people can experience **4 or more weeks after first being infected with the virus that causes COVID-19**. Even people who did not have COVID-19 symptoms in the days or weeks after they were infected can have post-COVID conditions. These conditions can present as different types and combinations of health problems for different lengths of time.

- **According to the CDC, here are some new or ongoing long-term effects of COVID-19:**
  - Difficulty breathing or shortness of breath
  - Tiredness or fatigue
  - Symptoms that get worse after physical or mental activities (also known as post-exertional malaise)
  - Difficulty thinking or concentrating (sometimes referred to as “brain fog”)
  - Cough
  - Chest or stomach pain
  - Headache
  - Fast-beating or pounding heart (also known as heart palpitations)
  - Joint or muscle pain
  - Pins-and-needles sensation
  - Diarrhea
  - Sleep problems
  - Fever
  - Dizziness on standing (lightheadedness)
  - Rash
  - Mood changes
  - Change in smell or taste
  - Changes in menstrual period cycles

- **Medical facilities near Lawrence Twp, NJ 08648 specializing in Post COVID Recovery:**
  - **RWJ University Hospital Hamilton**  
1 Hamilton Health Place, Hamilton, NJ 08690  
(877) 342-2795
  - **Deborah Heart and Lung Center Post-COVID Recovery Program**  
200 Trenton Road  
Browns Mills, NJ 08015  
(609) 621-2080 or fill out this [online appointment form](#).
  - **Atlantic COVID Recovery Center**  
Cedar Knolls: 8 Saddle Road, Cedar Knolls, NJ 07927  
Summit: 1 Springfield Avenue, Summit, NJ 07901  
(908) 522-3361 or fill out this [online appointment form](#).
  - **Penn Medicine Post-COVID Assessment & Recovery Clinic**  
215 Rte. 70, Cherry Hill, NJ 08003  
(215) 893- 2668 or find more information at this [link](#).
  - **Advantage Therapy Centers Post-COVID Rehabilitation Program**  
Cherry Hill: 1998 Route 70 East, Cherry Hill, NJ 08003  
Mt Laurel: 1001 Briggs Rd Suite 270, Mt Laurel, NJ 08054  
Sewell: 100 Kings Way E Suite B-4, Sewell, NJ 08080  
(856) 424-2000 or fill out this [online appointment form](#).
  - **CentraState Post-COVID Syndrome Treatment Program**  
901 W Main St, Freehold Township, NJ 07728  
(732) 637-6456
  - **Hackensack Meridian Health's COVID Recovery Center Rehabilitation Program at JFK Johnson Rehabilitation Institute**  
65 James Street, Edison, NJ 08820  
(732) 321-7000, ext. 62134
  - **CarePoint Health COVID Care Center**  
176 Palisade Ave, Jersey City, NJ 07306  
(866) 273-4268
  - **Monmouth Medical Center Southern Campus [MMCSC] Post-COVID Recovery Program**  
600 River Ave, Lakewood Township, NJ 08701  
(732) 866-4849, email [mscrespiratory@rwjbh.org](mailto:mscrespiratory@rwjbh.org) , or fill out the [online form](#).
  - **Kessler Rehabilitation Center Recovery and Reconditioning Program**  
1050 Wall Street West, Suite 200, Lyndhurst, NJ 07071  
(866) 337-3422 or fill out this [online form](#).

- **COVID-19 Support Groups:**

- **Body Politic** consists of people from all over the world who have tested positive, are experiencing symptoms, or are recovering from COVID-19. Our discussion groups include 50+ channels for based around different communities and topics. Some of our channels include one for those symptomatic for 30+ days or 90+ days, caretakers of sick friends or relatives, those who have recovered from being on ventilators, those experiencing known and lesser known symptom groups such as respiratory, neurological, GI, and others, and forums to discuss mental health, financial and employment concerns, medical advocacy, along with many others. Here is the [sign-up link](#) for the group.
- **The Long COVID Alliance** is a network of patient-advocates, scientists, disease experts, and drug developers who have joined together to leverage their collective knowledge and resources to educate policy makers and accelerate research to transform our understanding of post-viral illness. To join the alliance please use this [sign-up link](#).
- **Atlantic Health Systems** supports families of loved ones hospitalized with COVID-19. Current social distancing requirements have created a compelling need for interpersonal support. We invite you to join us with an ongoing telephonic and tele video support group.  
The group will run three times a week:  
Mondays 8:00am-9:00am, Wednesdays 6:00pm-7:00pm, and Fridays 12:00pm-1:00pm. Individuals can choose to attend regularly or as needed.  
  
Groups can be accessed via the Skype for Business app via a smart device or computer, as well as dialing directly on a general phone line to 862-294-0433 and then entering the pin number associated with the group, which is 976457357#. Questions regarding the group can be directed to:  
Ray Centeno by phone at 973-971-4624 and Sean Cullen by phone at 973-567-0006.
- **NJ Mental Health Cares** offers free, anonymous online mental health screenings in cooperation with Mental Health America. Call 1-866-202-HELP (4357) for free and confidential support, 8AM to 8PM, seven days a week.
- **The Crisis Text Line for NAMI** is open 24/7 – text NAMI to 741741.

- **Disability as a result of COVID-19:**
  - **The Office for Civil Rights at HHS and Department of Justice** released guidance (available [here](#) and [here](#)) explaining that some individuals with long COVID may have a disability under various civil rights laws that entitles them to protection from discrimination.
  - **Follow this [link](#) from The U.S. Department of Education’s Office for Civil Rights (OCR) and the Office of Special Education and Rehabilitative Services (OSERS)’s Resource to Support Children, Students, Educators, Schools, Service Providers, and Families** if your child has a post-COVID condition that impacts their ability to attend school, complete schoolwork, or perform their usual activities, it may be helpful to discuss with your child’s healthcare professional and school possible accommodations. You may also request similar accommodations for activities outside of school, such as day care, tutoring, sports, scouting, etc.

### **Contribute to ongoing scientific research!**

Participating in research studies can build a larger understanding of new and unknown illnesses. Information about enrolling in clinical trials related to COVID-19 can be found at: <https://combatcovid.hhs.gov/clinicaltrials> and includes opportunities for persons with and without COVID-19.

***If you find any information on this resource list inaccurate, please feel free to let the Lawrence Township Health Department know at (609) 844-7089 or email at [health@lawrencetwp.com](mailto:health@lawrencetwp.com)***

***Thank you for your support and for keeping our community safe and healthy.***