

Why PCC matters to communities:

Post COVID-19 condition (PCC), also known as long COVID, is causing persistent symptoms such as fatigue, difficulty breathing, brain fog, and more. It can affect anyone who has had a COVID-19 infection - with women being disproportionately at risk. As they often play key roles in childcare, elder care, and community building it may have an impact on the lives of their families and the wider community as well. So preventing and addressing PCC helps communities to remain strong.



The CAN-PCC Collaborative suggests

Monitoring and communicating the risk of COVID-19 transmission

and

Educating the public to prevent infection or re-infection with COVID-19



Public health officials should

- **inform** the public about the **risk of transmission**
- **allow them** to take measures to **prevent infection** and reinfection and reduce the risk of development of PCC
- **focus** on **effective** educational **measures**

in a way that is accessible, appropriate as well as community and culturally respectful, relevant and responsive. This may require tailored multi-modal approaches.

A **care navigator** to support care



Care navigators have experience with the health care and social systems and can **coordinate contact with care providers**.

People who experience barriers to care (e.g., people in remote communities, people without primary care clinicians and people speaking languages other than English or French) could benefit most.

Scan the QR code to view the Good Practice Statements on monitoring and communication as well as educating or click the links above.



Scan the QR code to view the recommendation on care navigators or click the link above.



Corresponding tools ([implementation considerations](#), [text modules](#)) are available further along in this document.



Monitoring and communicating to the public and Educating the public

- What** Inform the public about the risk of COVID-19 **transmission**, about **measures** to prevent infection and reinfection and thereby reduce the risk of development of PCC. Data limitations or the current state of evidence may be challenging to inform about.
- How** The information should be community and culturally **respectful, relevant** and **responsive**, and **accessible** to different populations. This may require **tailored multi-modal approaches**. Participatory and action-oriented approaches to engage community members should be used.

Background information on PCC

Scan the QR code or click [here](#) to learn more about **PCC symptoms, risk factors, and prevention** from the Public Health Agency of Canada.



CAN-PPC recommendations: Resources

Scan the QR code or click [here](#) to view CAN-PPC resources for policymakers, patients and health professionals (including specific information on e.g., "[Preventing PCC](#)").



Tools for the public



Interactive Infographics

Four infographics to raise awareness about CAN-PPC, help the public navigate recommendations and make informed decisions about their health. They can also help the public have conversations with others about PCC.



MyGuide: Long COVID

MyGuide: Long COVID is a customizable guide for individuals who experience post-COVID symptoms, or those wanting to learn about recovering from lingering symptoms after COVID-19 infection.

Examples of resources to help communicate with the public:

Information by the Communications Community Office on

- *Plain language, accessibility, and inclusive communications* click [here](#).
- *Communities of Practice* click [here](#).

First Nations Communications Toolkit at the BC regional office of Indigenous Services Canada (ISC) click [here](#).



Care navigator

People with post COVID-19 condition are struggling to **access** and **coordinate** their **care**. Implementing care navigators would likely help, be feasible, acceptable, and result in negligible costs, in particular in settings that already have similar programmes available.

Care navigator

- is a **health care professional** or someone with experience in the health care and social system
- **coordinates contact** with care providers (not providing care)
- assists people to **overcome barriers to care**
- provides **virtual support** in rural or remote areas (could be virtual or telephone services or training of others)
- requires training including an understanding of the cultural context
- if not associated with a programme (within established structures), adding a care navigator may involve implementation and development of another layer of infrastructure

Subgroup considerations

Providing support for navigating systems could provide **greater benefits** in people who experience **substantial barriers to care**:

- People in **remote communities**
- People **without a primary care physician**
- People who do **not speak English or French**
- Other **equity-seeking groups**

Practice examples

Follow the links for examples for care navigator programs:

- British Columbia: [HealthLink BC](#)
- Ontario: [Health811](#)
- Québec: [Info Santé](#)
- Alberta: [Health Link 811](#)
- British Columbia: a [culturally responsive program](#)

Scan the QR code to view the recommendation on care navigators or click [here](#).

For plain language recommendations please see can-pcc.recmag.org/plain-language-recommendations.



PCC – what we know and why it matters

Post COVID-19 condition (PCC), also known as long COVID, can affect both **adults** and **children**. It usually appears within three months from the acute COVID-19 infection and lasts at least two months.

Common symptoms include persistent fatigue, shortness of breath and cognitive dysfunction such as brain fog. Pain, trouble sleeping or memory loss are also reported. These symptoms can vary from person to person.

1 in 9 Canadian adults has experienced **long-term COVID-19 symptoms** and more than **1 in 5 Canadians** with long-term symptoms **missed days of work or school**.

Among adults, **women** and people who experienced a more severe COVID-19 infection are at **higher risk of developing PCC**.

More than **50%** of adults dealing with PCC, reported noticeable **limitations in daily activities** with more than 20% being often or always limited.

PCC in the community

As the world adapts to COVID-19, one lingering challenge is post-COVID condition (PCC), also known as long COVID. This condition – causing **persistent symptoms** such as fatigue, difficulty breathing, brain fog, and more – **can affect anyone** who has had a COVID-19 infection, but research shows that **women** are disproportionately affected.

A large proportion of workers in the healthcare and education sectors – nurses, teachers and care workers – are women. Therefore many of them are at **increased risk** of contracting PCC due to their exposure.

Women often play key roles in childcare, elder care, and community building. When women experience PCC, it therefore doesn't just impact their lives – it **affects** the lives of **their families** and the **wider community**.

By preventing and addressing PCC, we help maintain the stability and health of families, protecting essential workers, and ensuring that our **communities remain strong** and **resilient** in the face of ongoing health challenges.

Financial contribution: