

# Fatigue

Everyday situations that require physical, cognitive (thinking), social and emotional energy may be exhausting. Fatigue is the most common symptom of Long COVID and this can cause your quality of life to suffer. Each person experiences fatigue differently.

**Listed below are some examples of fatigue:**

- You need to take time off work or school.
- You limit home activities like making meals, shopping, laundry, driving, or performing housework.
- You need frequent rest periods and naps.

## Fatigue Management

Fatigue management is finding a good balance between activity and rest in order to decrease the amount of energy demand on your body. A good way to begin is to focus on the **4 P's**.

- 1. Plan:** Create a schedule for your day and your week.
  - Focus on when you have more energy to complete tasks as you set up your schedule.
  - Gather the supplies you may need before you start a task.
  - Planning out your day/week will help to avoid doing too much.
  - Recruit family, friends, or pay for help to complete harder tasks.
- 2. Prioritize:** Decide what needs to be done today and what can be done later.
- 3. Pace:** Keep your activity to shorter durations.
  - Maintain a slow and steady pace.
  - Rest often and rest before you feel tired.
- 4. Position:** Change your activity to make it easier.
  - Too much bending and reaching can make you feel tired.
  - Always maintain a nice upright posture while sitting and standing.

**The most important tip is to listen to your body.** Stop and rest before you get tired. If you don't stop soon enough, your body will crash. Having crashes can slow your recovery.