



## Health Navigator New Zealand Website: COVID-19 mental wellness support

A series of resources for people in Tāmaki Makaurau during the COVID pandemic and beyond.

### Video animation transcript: COVID-19: Ways to cope with long COVID

[Introduction]

Audio	Visual
<p>[Background music plays throughout the video]</p>	
<p>[Narrator] Most people with COVID get over it within a few weeks. But for some, symptoms like shortness of breath, cough, tiredness and fever can hang around for much longer.</p>	<p>A title is displayed: COVID-19: Ways to cope with long COVID.</p> <p>The title fades and we see a man and woman (Jenny) working in an office space. Both are wearing face masks.</p> <p>Then Jenny stands in an elevator, coughing. There is another man in the elevator with her.</p>
<p>[Narrator] We call this long COVID.</p> <p>There's things you can do to help you get through and places you can go for support.</p>	<p>Jenny has arrived home after work. She is standing in the kitchen, looking very tired and unwell.</p>
<p>[Narrator] Anyone can get long COVID but everyone experiences it differently.</p>	<p>Jenny sits on the bed in her bedroom. She is wearing comfy clothes and drinking a cup of tea.</p>

Audio	Visual
<p>Healthcare professionals can help – like physios, dietitians, and social workers. But talk to your GP first.</p>	<p>A male physio stands in an empty treatment room, waving hello.</p> <p>A female dietitian stands in an office, smiling.</p> <p>A female social worker drives her car to an appointment.</p> <p>A GP and a female patient chat in the GP's office.</p>

[Ways to cope]

Audio	Visual
<p>[Jenny] I've been told it's important not to rush things.</p>	<p>Jenny pours a cup of tea at home, standing in the kitchen.</p>
<p>[Jenny] The brain fog and tiredness is real! So I'm getting heaps of rest, planning how much I can do, and trying not to do it all at once.</p>	<p>Jenny sits in a comfortable chair, reading a book.</p> <p>Jenny stands in the garden, taking notes on a notepad.</p> <p>Jenny stands in the bedroom with a full basket of laundry, looking tired.</p>
<p>[Jenny] I've missed a lot of work, but I've made a plan to cut back my hours and do a bit from home.</p>	<p>Jenny phones her boss. On the left side of the screen, Jenny is sitting at home with her laptop, and on the right side of the screen, her boss is sitting in the office.</p>
<p>[Jenny] Keeping a symptom diary helps me track if I'm getting better.</p>	<p>Jenny sits in a comfy chair at home. She uses a tablet computer to track her symptoms in a symptom diary.</p>
<p>[Jenny] And I'm protecting myself from catching COVID again or getting the flu.</p>	<p>Jenny sits in her GP's office. Her GP gives Jenny a vaccination.</p>

Audio	Visual
So I'm up to date with my vaccinations and boosters.	

[Help and support]

Audio	Visual
<p>[Narrator] Remember you're not alone. There are people all around the world experiencing long COVID.</p>	<p>A map of the world is shown, with red pins marking places around the world where people are experiencing long COVID.</p>
<p>[Narrator] And groups you can join for support.</p>	<p>Jenny uses a laptop while sitting in the kitchen at home. She opens a Facebook page for people who have long COVID.</p>
<p>[Narrator] Most people make a full recovery but there is help available.</p>	<p>A blue screen with a whiteboard appears. The board is titled Helplines.</p> <p>The helplines are listed below the heading:</p> <ul style="list-style-type: none"><li>• Healthline 0800 611 116</li><li>• Call or text 1737</li><li>• Or contact your GP</li></ul>
<p>[Background music]</p>	<p>Credits are shown:</p> <ul style="list-style-type: none"><li>• Health Navigator New Zealand logo</li><li>• <a href="https://hn.org.nz">Hn.org.nz</a></li><li>• Te Whatu Ora   Health New Zealand logo</li><li>• Benchmedia logo</li></ul>