



JHU HEAT Corps Workshop

Long COVID & What We Know

Digital Workbook

Workshop Vocabulary:

Use the space below to define terms used in workshop.

➤ **COVID-19/SARS-CoV-2**

➤ **Long COVID**

➤ **Vaccine**

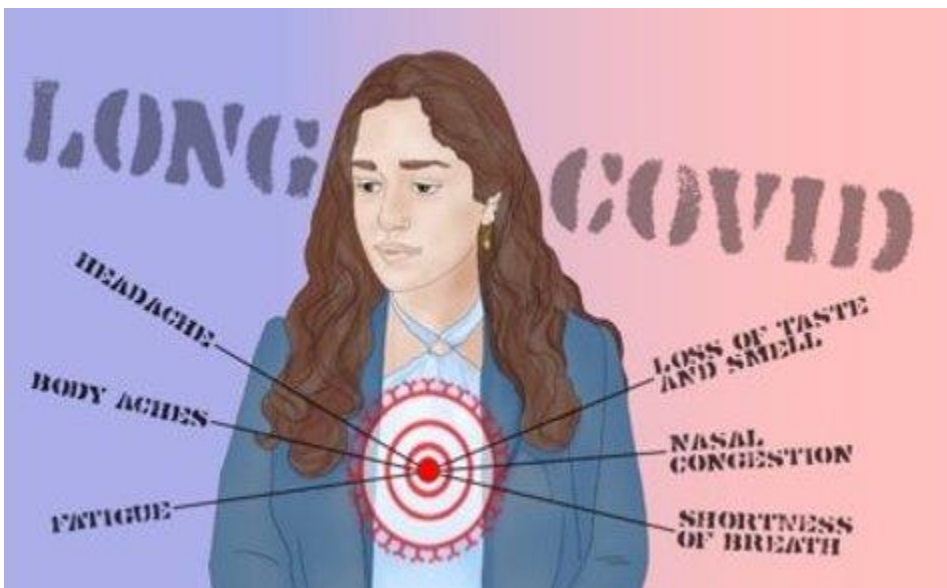
➤ **Boosters**

➤ **Pandemic**

What is Long COVID?



What are some common symptoms of Long COVID? Please list them below:



What does a vaccine do? Briefly explain below:



How can Long COVID impact your overall health?

Want to learn more?

Here are some free resources on Long COVID-19 and vaccines:

- [Centers for Disease Control and Prevention: Long COVID or Post-COVID Conditions](#)
- [Centers for Disease Control and Prevention: Stay Up to Date with COVID-19 Vaccines Including Boosters](#)
- [Johns Hopkins University & Medicine: Coronavirus Resource Center](#)
- [Vaccines.gov: Find a COVID-19 or Flu vaccine Near You](#)

How can students identify trusted sources?

Here are some questions to consider:

1. Who wrote the article?
2. Was it peer reviewed?
3. Do they tell you where they got their information and/or provide sources/citations to back up what they say?
4. Who is the target audience?
5. What is the reputation of the site/author?
6. How does the URL end?
 - .gov (government)
 - .edu (education/university)
 - .mil (military)
 - .com (commercial)
 - .org (special group/organization)

Citation: <https://sites.umgc.edu/library/libhow/credibility.cfm> and J Med Internet Res 2017;19(6):e218 doi: 10.2196/jmir.7579

Fight Stigma and Misinformation!

Our goal is to increase health literacy skills across the world, so more people feel confident in making informed decisions about their health! The more people understand the facts, the more empowered they are about the decisions they make that impact their health and way of life! It is important to realize that in sharing information consistent with known scientific truths, we can all contribute to promoting health literacy!

We want you to share what you have learned through this workshop with your community!

