Supporting patients with PCC requires easy access to the latest research, educational materials and support groups. This guide offers a central location for these resources.

**Research Hubs**

- **National Institutes of Health (NIH) RECOVER Initiative:** This initiative brings together researchers, doctors, patients and caregivers to study, treat and prevent PCC. They have created one of the world’s largest and most diverse groups of study participants.
  - [recovercovid.org](http://recovercovid.org)

- **Long COVID Alliance:** This alliance is a network of patient advocates, scientists and medical professionals working together to educate policymakers and accelerate research on PCC.
  - [longcovidalliance.org](http://longcovidalliance.org)

- **Centers for Disease Control and Prevention (CDC):** The CDC offers up-to-date guidelines and information about PCC for both healthcare providers and patients.

**Support Groups**

**National Support Groups:** While some national groups like Survivor Corps exist on Facebook, local support groups are valuable as well. Here’s how to find them:

- **Online Search:** Look for keywords like “Long COVID support group near me.”
- **Social Media:** Search for Facebook groups using keywords like “Long COVID support” or “Post-COVID conditions.” Many groups cater to specific needs (e.g., young adults with Long COVID, caregivers, etc.).
- **Local Resources:** Local hospitals or clinics may host support groups in your area.

**Educational Materials for Patients**

**Vaccine Resource Hub:**
This website offers resources about vaccines in over 50 languages. These include graphics, videos and other materials. They also have some resources specifically about PCC/long COVID.
  - [vaccineresourcehub.org](http://vaccineresourcehub.org)

Remember, you are not alone in supporting patients with post-COVID conditions. Utilize these resources to stay informed and empower your patients on their road to recovery.