

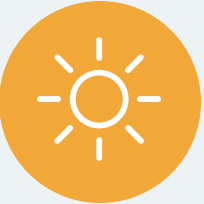


# Managing Problems with Your Thinking

Some people have changes in thinking and memory after having COVID-19 or after having a breathing tube while in hospital. You may have trouble following directions, doing two things at once, staying on time, focusing, or remembering things. These tips may help:



- Reduce distractions. Turn off radios and TV's or go somewhere quiet when you need to pay attention.



- Have important meetings, appointments, or talks earlier in the day or when you are well rested.



- Use notebooks, alarms, calendars, and sticky notes to help you keep track of things.



- Take breaks. Focusing for a long time can be very tiring.



- Bring a trusted family member or friend to medical appointments or important meetings so you don't miss information.

If your thinking or memory don't improve, see your doctor or nurse practitioner to be referred for further assessment.

