



I have ME/CFS or Long COVID WHAT DO I DO NOW?

1) **#StopGET** (Graded Exercise Therapy)

Ask your healthcare provider for a referral to a specialist (see ME Action's list [here](#)). Share our #StopGET letter to educate and help prevent further damage [here](#).

2) **#StopRestPace**

Be kind to yourself. This is a big adjustment, mentally, physically and spiritually. Check out our helpful energy-saving tips [here](#). See additional resources on PEM/PESE [here](#).

3) **#Disability**

Keep all medical records. Contact a disability lawyer as soon as possible. Check out our step-by-step video with Kantor & Kantor, featuring Christopher Snell, PhD [here](#). Plus, 10 tips for COVID-19 long-haulers seeking disability benefits [here](#).

4) **#Testing**

Enhance your chances and empower yourself. A CPET test with or without an EEG can provide proof of your disability and help with pacing. For more information [here](#).

5) **#DoNoHarm**

Knowledge is power. Please check out our new [#PaceProjectPlan](#), educational videos and courses based on decades of science [here](#). These videos offer an excellent tool to help educate family members and healthcare practitioners.



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