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.