

## **Pediatric Post-COVID-19 Rehabilitation Clinic**

## What Is Exercise Intolerance?

Shortness of Breath



Muscle Weakness



**Extreme Tiredness** 



during physical activity that causes you to stop

and limits your ability to do physical activity someone your age would normally do.

This includes having to stop to rest or catch your breath while doing daily activities like walking or climbing stairs.



## What Is Post-Exertional Malaise?

Post-exertional malaise (PEM) is the worsening of symptoms and functioning after even a minor physical, mental, social or emotional activity, with symptoms typically occurring 12 to 48 hours after the activity and lasting days or weeks.

## **Symptoms of PEM include:**

Exercise Intolerance



Headaches



Difficulty Thinking



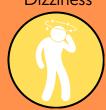
Muscle Aches



Trouble Sleeping



Dizziness



Sore Throat



Severe Tiredness





