

COVID 後護理診所

有些 COVID-19 患者在初次染病後的數週或數月內，仍持續出現健康問題。這就是**急性 COVID-19 後綜合征**，也叫**長期 COVID 或慢性 COVID**。長期 COVID 涵蓋人們在感染 COVID-19 之後可能新出現、反復出現或持續出現的一系列症狀。¹長期 COVID 患者通常表現出疲勞、認知功能障礙（腦霧）以及心肺、胃腸和心理健康症狀。紐約市 (NYC) 有幾家醫院設有專門診所，為患過 COVID-19 的人員提供後續照護。COVID 後護理診所匯集了來自不同專科（包括肺科、心臟科、康復科、神經科和心理健康領域）的臨床團隊，提供全面治療。本市還設有為 COVID-19 病後恢復期人員提供專項服務的康復和物理治療診所。

以下是紐約市 COVID-19 後護理診所的名單，這些診所為 COVID-19 病後仍存在持續健康問題的患者提供服務，並接受健康照護提供者為需要專科照護的患者所作的轉診。本名單並非完整名單，不一定涵蓋所有提供 COVID 後專科護理的健康照護提供者和診所。

紐約市健康醫療總局 (Health + Hospitals, H+H) 的服務（包括下列中的 H+H 診所）均面向所有紐約市民提供，無論受者支付能力、保險承保範圍或移民身份如何。有關下列中的其他機構接受哪些形式的保險、有無為無保險患者提供的浮動收費標準以及是否需要轉診手續等事宜，請向這些機構查詢。

| 保健系統 | 診所名稱 | 地址 | 聯絡方式 | 網址 |
|--|---|--|--------------------------------|--|
| Bronx | | | | |
| BronxCare Health System (前身為 Bronx Lebanon) | Post-COVID-19 Care Center | Pulmonary Clinic 199 Mount Eden Ave. 7th Floor, Bronx, NY 10457 | 718-992-7669 | bronxcare.org |
| Health + Hospitals | NYC Health + Hospitals/Gotham Health, Tremont COVID-19 Center of Excellence | 1920 Webster Ave., Bronx, NY 10457 | 844-692-4692 或 212-268-4319 | nychealthandhospitals.org/covid-19-center-of-excellence |

¹美國疾病管制與預防中心 (Centers for Disease Control and Prevention, CDC)。「Long COVID or Post-COVID Conditions」（長期 COVID 或 COVID 後病症）。最近造訪時間為 2022 年 5 月 24 日。cdc.gov/coronavirus/2019-ncov/long-term-effects/index.html

| | | | | |
|----------------------------------|---|---|--------------------------------|--|
| Montefiore Health System | COVID-19 Recovery (CORE) Clinic | Medical Arts Pavilion 3400 Bainbridge Ave. Second Fl., Bronx, NY 10467 | 844-556-6683 分機號 36 | einsteinmed.edu/departments/medicine/divisions/pulmonary-medicine/CORE.aspx |
| Brooklyn | | | | |
| Health + Hospitals | NYC Health + Hospitals/Gotham Health, Broadway COVID-19 Center of Excellence | 815 Broadway Brooklyn, NY 11206 | 844-692-4692 或 212-268-4319 | nyhealthandhospitals.org/covid-19-center-of-excellence |
| Maimonides Medical Center | Maimonides Center for Post-COVID Care | 948 48th St., Brooklyn, NY 11219 | 718-283-5815 或 718-283-8328 | postcovidcarecenters.org |
| | Shaknovich Cardiovascular Wellness Institute | 3209 Coney Island Ave., Brooklyn, NY | 718-635-5577 | |
| | Maimonides Children's Hospital Post-COVID Recovery Program | 949 48th St., Brooklyn, NY 11219 | 718-283-1244 | |
| | Maimonides Center for Post-COVID Care | 4813 Ninth Ave., Brooklyn, NY 11206 | 718-283-5815 | |
| Queens | | | | |
| Health + Hospitals | NYC Health + Hospitals/Gotham Health, Roosevelt COVID-19 Center of Excellence | 37-50 72nd St., Jackson Heights, NY 11372 | 844-692-4692 或 212-268-4319 | nyhealthandhospitals.org/covid-19-center-of-excellence |

| | | | | |
|---|---|--|--|--|
| Medisys Health Network: Jamaica/Flushing Hospitals | Post-COVID Care Center | MediSys-Hollis Tudors Clinic 200-16 Hollis Ave., St. Albans, NY 11412 | 718-736-8204 | jamaicahospital.org/post-covid-care-center flushinghospital.org/clinical-services/post-covid-care-center |
| Northwell Health | COVID Ambulatory Resource Support (CARES) | 多個地點及線上選擇 | 855-569-4227 | northwell.edu/coronavirus-covid-19/cares-program |
| Manhattan | | | | |
| Mount Sinai Health System | Center for Post-COVID Care | Mount Sinai-Union Square 10 Union Square East New York, NY 10003 | 212-844-6300 | mountsinai.org/about/covid19/center-post-covid-care |
| H&D Physical Therapy | COVID Rehab Clinic at H&D Midtown | 815 Second Ave. #701 (位於 E. 43rd St) , New York, NY 10017 | 212-921-0214 consult@covidpt.org | hdphysicaltherapy.com/post-covid pulmonarywellness.org/covid-bootcamp |
| New York Presbyterian Health System | Weill Cornell Post-ICU Recovery Clinic and Pulmonary Clinic | 425 E. 61st St. 11th Floor (ICU 後) /Fourth Floor (肺科) , New York, NY 10065 | 646-962-2333 (肺科) rehab@med.cornell.edu | weillcornell.org/post-icu-recovery-clinic weillcornell.org/wcm-pulmonary |
| | CUMC COVID-19 Rehabilitation Program | 180 Fort Washington Ave. First Floor, Suite 199 New York, NY 10016 | 212-305-3535 rehabmed_help@cumc.columbia.edu | cumc.columbia.edu/rehab/patient-resources/covid-19-rehabilitation-program |
| NYU Langone Health | Rusk Rehab at NYU Langone Health | 240 E. 38th St. 15th Fl., New York, NY 10016 | 212-263-6037 | med.nyu.edu/rusk/rusk-rehab-nyu-langone-health |

| | | | | |
|---|--|---|--------------|--|
| Northwell Health | COVID Ambulatory Resource Support (CARES) | 多個地點及線上上選擇 | 855-569-4227 | northwell.edu/coronavirus-covid-19/cares-program |
| Staten Island | | | | |
| Richmond University Medical Center | Post-COVID-19 Care Center | 288 Kissel Ave., Staten Island, NY 10310 | 718-818-1500 | rumcsi.org/postcovidcare |
| Northwell Health | Staten Island University Hospital Post-COVID Recovery Center | 475 Seaview Ave., Staten Island, New York 10305 | 718-226-6494 | siuh.northwell.edu/post-covid-recovery-center |
| 在紐約市內外有多個地點 | | | | |
| Motion PT Recovery | Post-Acute COVID Recovery Program Clinics | 多個地點及線上選擇 | 347-745-0122 | motionptg.com/post-covid-recovery-program |
| Mount Sinai Trusted Rehabilitation Network | Post-COVID Rehabilitation Clinics* | 多個地點、線上和送醫上門選擇 | 646-689-3276 | mountsinai.org/care/rehab-medicine/services/physical-occupational-therapy/provider-network *診所將被標註為受過 COVID 培訓。 |
| SPEAR Physical Therapy | COVID-19 Rehabilitation Therapy | 多個地點 | 646-528-5554 | spearcenter.com/service/covid-rehab-breathing-exercises |
| NYC Langone Health | NYU Post-COVID Care Program | 多個地點 | 212-263-6115 | nyulangone.org/locations/post-covid-care-program |
| New York Presbyterian Health System | Columbia Primary Care Post-COVID Care Program | 多個地點 | 844-387-2273 | columbiadoctors.org/specialties/primary-care/post-covid-care |

紐約市衛生局或順應形勢發展而調整建議。

6.1.2022