

What is 'long COVID'?

For some people, coronavirus (COVID-19) can cause symptoms that last weeks or months after the infection has gone.

Some of the symptoms can be very hard to live with and include:

- Fatigue
- Breathlessness and/or cough
- Chest pain / tightness
- Palpitations (feelings or sensations that your heart is pounding or racing)
- Increased sweating and heart rate
- Numbness or tingling
- Loss of concentration / slower thinking
- Poor memory
- Dizziness and headache
- Pain, joint pain or muscle pain
- Pre-existing condition's getting worse
- Abdominal pain, nausea, diarrhoea, constipation and/or a reduced appetite
- Loss of taste and smell, sore throat, voice changes, tinnitus, earache
- Anxiety, depression, flashbacks, difficulty relaxing / sleeping

If symptoms continue you could be referred to the Long COVID Service; speak to your General Practitioner (GP) for further advice.



Long COVID Service

The Long COVID Service includes Physiotherapists, Occupational Therapists, Dieticians, Speech and Language Therapist, Psychologist, Assistant Practitioner and Social Prescriber.

You can access:

- An education group with peer support
- An exercise group with peer support
- A one to one tailored exercise programme
- A one to one tailored treatment programme

To access this service, speak to your GP to see if you are eligible for referral.

If you require this document in another language, large print, braille or audio version, please contact your healthcare professional.

