



What is Long Covid?

Most people with coronavirus (COVID-19) feel better within a few days or weeks of their first symptoms and make a full recovery within 12 weeks.

For some people, symptoms can last longer. This is called long COVID or post COVID-19 syndrome. Long COVID is a fairly new condition which is still being studied.

What are the symptoms?

The most common symptoms of long COVID are:

- extreme tiredness (fatigue)
- shortness of breath
- loss of smell
- muscle aches

However, there are lots of symptoms you can have after a COVID-19 infection, including:

- problems with your memory and concentration ("brain fog")
- chest pain or tightness
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

What about treatment?

Your doctor will talk to you about the care and support you might need. You may be given advice about how to manage and monitor your symptoms at home. If the symptoms are having a big impact on your life, you may be referred to a specialist service, rehabilitation service or a service that specialises in the specific symptoms you have.

These services can help manage your symptoms and help you recover.

If you have mental health symptoms, such as anxiety or depression, find out [how you can access NHS mental health support services](#).

MANAGING FATIGUE AND BREATHLESSNESS

PRACTICE PACING

Plan what you're going to do and don't over-exert yourself. Try to break tasks which feel difficult down into smaller chunks, and alternate easier and harder activities or spread them out through the day.

TRY TO KEEP MOVING BUT TAKE BREAKS

Don't stop doing things that make you feel breathless. If you stop using your muscles, they'll get weaker, which can make you more breathless when you try to use them. Take breaks when needed if you use a walking stick or a frame, lean forward on it when you feel breathless.

SLOW AND STEADY

Try to gradually increase the amount of exercise you do. Try going for short walks or doing [simple strength exercises](#) and build up from there.

GET HELP IF NEEDED

The ME Association has published a leaflet about [post-Covid fatigue](#). You can also call them on 0344 576 5326 for further support.

To register with Bromley Well:

Freephone 0808 278 7898

Or register online:

www.bromleywell.org.uk/refer

Contact Lifestyle Support direct

07985 431484 / 07985 444210

or email

enquiry@bromleywell.org.uk



FURTHER RESOURCES

[Bromley Healthcare Post COVID Syndrome Community Pathway](#)

Contact: 0300 330 5777

Email:
bromh.communitypostcovid@nhs.net

This Pathway provides a comprehensive assessment where your current symptoms, abilities and main goals to maintain or progress your recovery are discussed.

[Managing Long Covid Symptoms Video Series](#)

Videos produced by healthcare professionals and people with Long Covid to cover some of the main areas those with this condition suffer with and offer advice. They talk about relaxed breathing, how to boost sleep etc.

[Post-COVID syndrome \(long COVID\)](#)

NHS England long covid pages contain information about the causes, symptoms and treatment of long covid and advice for people living with the condition.

[Long-term effects of coronavirus \(long COVID\) - NHS](#)

Official NHS resource providing information on the latest research into long Covid and tips and advice on managing the condition.

References: NHS conditions <https://www.nhs.uk/conditions/covid-19/long-term-effects-of-covid-19-long-covid/> NHS inform <https://www.nhsinform.scot/long-term-effects-of-covid-19-long-covid/about-long-covid/signs-and-symptoms-of-long-covid/>

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