

Long Covid

What is it?

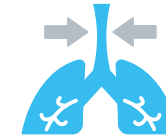
Long Covid (or post-COVID-19 syndrome) is a catch-all term for the experience of symptoms that persist for weeks or months after the initial viral infection



Some of the symptoms?



Fatigue



Cough or shortness of breath



Anxiety or depression



Joint, muscle, or chest pain



Not focusing or thinking straight

Is there anything I can do to help myself?

YES 60 % of people recover with self management advice please follow these helpful resources:

www.yourcovidrecovery.nhs.uk

BSW Long Covid Rehabilitation Assessment Clinic -
Wiltshire Health and Care

Long Covid support is provided by:
Bath Swindon & Wiltshire Partnership