

Long Covid

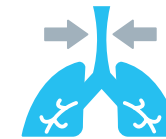
What is it?

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

What should I advise?

Support is available here: www.yourcovidrecovery.nhs.uk

If someone is still not feeling well after 12 weeks encourage them to contact a GP

<https://bswccg.nhs.uk/news-events/covid-19/long-covid>

<https://wiltshirehealthandcare.nhs.uk/service/bsw-long-covid-rehabilitation-assessment-clinic>

