

# **Long covid/post covid syndrome**

# **Have you been infected with covid 19?**

Most people will make a complete recovery within a couple of weeks.

Some people will continue to experience symptoms for longer. If these symptoms continue beyond 3 months following the infection, then it might be long covid.

# **What is long covid?**

If someone still has symptoms of covid after 3 months, then they might have long covid.

Sometimes people with long covid may see a change in their symptoms; or develop new symptoms.

People can still develop long covid even if they had a mild infection or were asymptomatic.

People of all ages can develop long covid.

# **What are the symptoms of long covid?**

Any of:

* Fatigue (extreme tiredness)
* Headache
* Breathlessness
* Palpitations (heart beats faster for a time)
* Chest pain
* Continuing cough
* Headache
* Brain fog
* Problems with your digestive system: diarrhoea, constipation, heartburn
* Difficulties sleeping
* Continuing fever or fever coming and going
* Joint and/or muscle pain
* Eye problems
* Sore throat

# **What should I do if I think I have long covid?**

If you think you have long covid, you need to see your GP.

Your GP may refer you to the local long covid clinic (these are often known as post-covid assessment services).

The long covid clinic will ask you to complete an assessment and may offer you a virtual or face to face appointment to find out more about your symptoms.

This will help the clinicians to decide what will be the best way to help you.

The clinic may offer you:

* An online course to help you to manage your symptoms – this may be one called Your Covid Recovery or one called HOPE
* If you need further tests the clinic may refer you for those, or ask your GP to do so
* You may be asked to see a physiotherapist or occupational therapist who will help you with eg gentle exercise, breathing or any adjustments that you may need to return to work

# **What should I do if I think my child has long covid?**

We know that children can develop long covid, even if they were not seriously ill.

If you suspect that your child has long covid, you should see your GP.

Your GP may ask you to try simple interventions like gentle exercise or ways to help your child sleep better.

In some cases, your GP will refer your child to a local paediatrician for tests and your paediatrician will be able to give you further advice about how to help your child feel better

A few children may need more specialist help and these children will be referred by either their GP or their paediatrician, into our local paediatric hub.

Specialists at the Hub will talk about your child’s condition and will either ask for more tests or give your local paediatrician advice about how to help your child.

# **Where can I get further information about long covid?**

[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)

[www.blf.org.uk/support-for-you/long-covid](http://www.blf.org.uk/support-for-you/long-covid)

[www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid](http://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid)

[www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health/long-covid](http://www.bhf.org.uk/informationsupport/heart-matters-magazine/news/coronavirus-and-your-health/long-covid)

Long Covid in Workplaces

Thank you for making contact.

Would you be able to spare some time to answer the questions below? In answering the questions, the long covid team are able, to understand who within the South West Region is receiving this information.

* Name (not Mandatory) (Please Print) : ------------------------------------------------------------
* Role (not mandatory): ---------------------------------------------------------------------------------
* Post Code (not mandatory): --------------------------------------------------------------------------
* How did you hear about the services available?

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* Email address (not Mandatory): ----------------------------------------------------------------------

If you are interested in being part of our Patient and Public Voice forum, please indicate in the box below, ensuring we have the correct contact details above.

I would be interested in the Patient and Public Voice Forum

Many thanks for taking the time to complete this questionnaire

Please return completed questionnaire to: [england.longcovidsw@nhs.net](mailto:england.longcovidsw@nhs.net)

Alternatively if you would like to completed this form electronically please clink on the [link](https://forms.office.com/Pages/ResponsePage.aspx?id=kp4VA8ZyI0umSq9Q55Ctv0h1qCVrvjRIkM-NVaHT6oNUMjk1V0Y5NjBYOUxXOEVYUFY1NTcwVkdZWS4u) that will take you to an MS form version