

## > 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 new condition which is still being studied.

Symptoms of long COVID may include:

## > 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](#).

### References:

NHS: [Long-term effects of coronavirus \(long COVID\) - NHS \(www.nhs.uk\)](https://www.nhs.uk)

BHF: [Long Covid: the symptoms and tips for recovery | BHF](#)

## Managing fatigue and breathlessness

- Pace yourself - 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.
- Consider the best time of the day to do certain activities based on your energy levels.
- Frequent short rests are better than a few longer ones, so rest before you become exhausted.
- 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.
- 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.
- If you use a walking stick or a frame, lean forward on it when you feel breathless.
- The ME Association has published a leaflet about [post-Covid fatigue](#). You can also call them on 0344 576 5326 for further support.

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To contact Bromley Well call the Single Point of Access on **0808 278 7898** or direct Lifestyle Support lines **07985 431484 / 07985 444210** Email [enquiry@bromleywell.org.uk](mailto:enquiry@bromleywell.org.uk) [www.bromleywell.org.uk](http://www.bromleywell.org.uk)



## &gt; Related resources and services

<p><a href="#">Long-term effects of coronavirus (long COVID) - NHS</a></p>	<p>Official NHS resource providing information on the latest research into long Covid and tips and advice on managing the condition.</p>
<p><a href="#">Bromley Healthcare Post COVID Syndrome Community Pathway</a></p> <p><b>Contact:</b> <a href="tel:03003305777">0300 330 5777</a></p> <p><a href="mailto:bromh.communitypostcovid@nhs.net">bromh.communitypostcovid@nhs.net</a></p> <p><a href="tel:07955435600">07955 435600</a></p>	<p>This Pathway provides a comprehensive assessment where your current symptoms, abilities and main goals to maintain or progress your recovery are discussed.</p>
<p><a href="#">Post-COVID syndrome (long COVID)</a></p>	<p>NHS England long covid pages contain information about the causes, symptoms and treatment of long covid and advice for people living with the condition.</p>
<p><a href="#">How to look after yourself at home if you have coronavirus (COVID-19) or symptoms of COVID-19</a></p>	<p>Support and advice for people who may have Covid 19.</p>
<p><a href="#">NHS Live Well</a></p>	<p>NHS advice about healthy living, including eating a balanced diet, healthy weight, exercise, quitting smoking and drinking less alcohol.</p>

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