

Long Covid Information

Information on Long Covid and how to get support



This leaflet is in Easy Read

What is Long Covid?



What are the symptoms?



How can I get support?



Long COVID Information

Easy Read



This leaflet is a summary of the latest **NHS guidance on long COVID**. It was made for people in Sheffield.



This leaflet is made in an **Easy Read format** to make it easier to understand.



You don't have to be sick with Covid to catch long Covid. Long covid is when someone still feels unwell after **twelve weeks**.

What is long COVID?



Some people **recover quickly** from Covid. Other people may have **ongoing symptoms**, which means that they last for a few weeks or longer.



When symptoms last for **more than twelve weeks** this is known as **long COVID**.

Signs and symptoms of long COVID



There are lots of different symptoms of **Long Covid**. Symptoms are how you feel or look when you have different illnesses.

The most **common symptoms** of Long Covid are:

Fatigue



- Feeling tired all the time, even when well-rested
- Not feeling refreshed by sleep

Breathing Problems



- Being out of breath
- Coughing
- Sore throat or trouble swallowing.



Ear, nose and throat symptoms

- Loss of taste and/or smell
- Ringing in the ears called tinnitus
- Dizziness



Chest and Heart problems

- Chest tightness
- Chest pain
- Heartbeats that you notice. This is called palpitations.



Brain and memory problems

- Not being able to concentrate or remember things. This is sometimes called brain fog.
- Headaches
- Trouble sleeping or broken sleep



Mental health

- Having a low mood or feeling down.
- Feeling very worried all the time or anxious.



Joints, Muscles, and Body

- Muscle and joint pain
- Pins and needles or numbness in different parts of your body.
- Rashes on your skin.



Digestive system

- sore tummy
- feeling sick
- diarrhoea
- Changes in appetite



Many other symptoms of Long Covid are not on this list. You may want to **think about Long Covid** if you have symptoms you can't explain otherwise.



For example, some people already have **health problems before they catch covid**. People have reported that it has **made their symptoms worse**.



This can be a big problem for people who have **disabilities and long-term conditions**.

How to seek help



If you think you have long COVID you should **look for help**. You don't need to suffer alone.



Symptoms and recovery time can **vary in different people**. It is important not to compare yourself to others.



Going to your **doctor** is the first step. **You do not need** to show your doctor a positive Covid test to talk about Long Covid.



If your symptoms are **mild**, your doctor may be able to offer simple **self-management** advice.



If you still have symptoms after **12 weeks**, or they get worse, your doctor may want to do some tests to make sure you don't have other illnesses.



To **help your doctor** find out what is wrong, it is good to tell them about **your symptoms** and **how they have changed**.



Keeping a diary may help you remember this and follow **how your symptoms are affecting you**.



If they don't find any other reason for you **feeling unwell**, they may diagnose you with **long covid**.



They may refer you to **the Long Covid Rehabilitation Hub for more help**. You can only be referred to the Long Covid Hub **through your doctor**.



The Long Covid Rehabilitation Hub is a service that can help you manage your symptoms and support you.

Local support in Sheffield



Sheffield ME and Fibromyalgia Group

Sheffield ME Group provides some support for people with Long Covid, they also do a **Long COVID meet up**. This is in person.



Email:

info@sheffieldmegroup.co.uk



Phone:

0114 2536700



Website:

www.sheffieldmegroup.co.uk/



Darnall Well Being

You can go to a **monthly group** for people with Long Covid at Darnall Well Being. Let them know if you would like to go.



Email:

dwb.enquiries@darnallwellbeing.org.uk



Phone:
0114 2496315



Website:
www.darnallwellbeing.org.uk/

Sheffield Occupational Health Advisory Service (SOHAS)



If you are having difficulties at work because of your health – SOHAS might be able to help you and give you advice.



Phone:
0114 275 5760



Website:
www.sohas.co.uk/

Other useful websites



Here are different websites and links for Long Covid support. You can use them at any time.

My Long COVID Needs



My Long COVID Needs is an **assessment tool** that will help you to understand your current Long COVID symptoms and **what help you can get**.



Website:

<https://mylongcovid.org.uk/>

Your COVID Recovery



Your COVID recovery is an NHS website that has information on different **symptoms** and useful **suggestions**.



Your Covid Recovery

www.yourcovidrecovery.nhs.uk

Long COVID Support



Long Covid Support is a website run by people with Long Covid and has lots of **information** and practical **support**.



Website:

www.longcovid.org

Document translated into Easy Read by Sheffield Voices, in Partnership with VAS and Healthwatch.

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supporting community action

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