

This is a summary of NHS guidance on long COVID, made relevant for people in Sheffield.

What is long COVID?



- The majority of people with COVID-19 feel better within a few days or weeks of their first symptoms.
- Contact your GP if you have had symptoms of COVID 19 for four weeks or more and are worried.
- Most people make a full recovery within 12 weeks however for some people, symptoms can last longer. This is called long COVID.
- Long COVID is a new condition which is still being studied.

Signs and symptoms of long COVID



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



**For urgent medical help, please call NHS 111.
For life threatening emergencies call 999.**

How to seek help

- If your symptoms are mild, your GP may be able to offer simple self-management advice.
- If you still have symptoms after 12 weeks, speak to your GP about a referral to the **Sheffield Long Covid Rehabilitation Hub**.
- Symptoms and recovery time can vary in different people. It is important not to compare yourself to others



Further support

There are useful national websites that will give you more information about Long Covid and direct you towards the right support for you:

Your COVID Recovery – www.yourcovidrecovery.nhs.uk

My Long COVID Needs – www.mylongcovid.org.uk

Long Covid Support – www.longcovid.org



Local support available in Sheffield

Darnall Well Being host a monthly Long Covid Support Group at Darnall Primary Care Centre. Booking is essential if you want to join their meeting – contact them on 0114 2496315 or email: dwb.enquiries@darnallwellbeing.org.uk

The Sheffield ME and Fibromyalgia group provide support to people with Long Covid – contact them on 0114 253 6700 or through their website: www.sheffieldmegroup.co.uk

SOHAS (Sheffield Occupational Health Advisory Service) can provide advice on work-related health issues – contact them on 0114 275 5760 or through their website: www.sohas.co.uk

