

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.

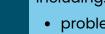
## Signs and symptoms of long COVID



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 selfmanagement 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:

Long Covid SOS https://www.longcovidsos.org/

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Long Covid Support - www.longcovid.org



Supporting Long Covid Care https://long-covid-care.org.uk/





#### 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





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