

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

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What is long COVID?



According to NHS guidance, some people recover quickly from coronavirus (COVID-19). Others may have ongoing symptoms which can last for a few weeks or longer. When symptoms last for more than 12 weeks this is known as long COVID.

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



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

Advice on long Covid symptoms

- **Your COVID Recovery**
www.yourcovidrecovery.nhs.uk
- **Sheffield Teaching Hospitals**
<https://www.sth.nhs.uk/services/a-z-of-servicesid=331>
- **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 <https://mylongcovid.org.uk/>



General support

- **Long Covid Support**
<https://www.longcovid.org/>
- **Sheffield ME Group** Provide a long Covid support group
Email: info@sheffieldmegroup.co.uk Phone: 0114 2536700/ 07753948186
Website: <https://www.sheffieldmegroup.co.uk>
- **Scope** For help with benefits advice if you are unable to work
www.scope.org.uk/advice-and-support/long-covid-and-disability-benefits/ or call 0808 800 3333, email helpline@scope.org.uk



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