

# Long COVID

*How to spot the signs and keep yourself and others safe*



## What is long COVID?

For some people, coronavirus (COVID-19) can cause symptoms that last weeks or months after the infection has gone. This is sometimes called post-COVID-19 syndrome or "long COVID".



How long it takes to recover from COVID-19 is different for everybody.

Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks. But for some people, symptoms can last longer.



The chances of having long-term symptoms do not seem to be linked to how ill you are when you first get COVID-19.

People who had mild symptoms at first can still have long-term problems.



This is why it is vital that we continue to take precautions to keep each other safe.

The best way to avoid long COVID is to reduce transmission of the virus. You can do this by getting vaccinated, wearing a face covering in an enclosed or crowded space such as public transport, washing your hands regularly and avoiding close contact with others.



Symptoms of long COVID are varied and can include: breathlessness, fatigue, chest pain or tightness, problems with memory and concentration (also called brain fog), difficulty sleeping, heart palpitations, dizziness, pins and needles, joint pain, depression and anxiety, tinnitus, skin rash, earaches, headaches, feeling sick, diarrhoea, stomach aches, loss of appetite, a high temperature, cough, sore throat, changes to sense of smell or taste.



## Where can I get help?

Contact a GP if you're worried about symptoms 4 weeks or more after having COVID-19.