

Could it be Long COVID?

If you have COVID-19 symptoms lasting longer than 12 weeks, it could be Long COVID.



Common Symptoms of Long COVID include:

- * Extreme tiredness
- * Shortness of breath
- * Muscle or joint ache
- * Brain fog
- * Loss of smell or taste
- * Fast heart rate

People may be affected by different symptoms at different times. New symptoms may develop or symptoms may return after a period of feeling better.

Long COVID is not thought to be linked to how sick someone was when they first got COVID-19.

Most people recover from COVID-19 in a few days or weeks. For some people symptoms last longer.

You can find self-help advice on managing your symptoms at:

www.yourcovidrecovery.nhs.uk

Getting help

If you have had symptoms for 12 weeks or more, and it is appropriate, your GP can refer you to the Suffolk and North East Essex Long COVID Assessment Service.

Visit snewellbeing.org.uk/long-covid for more information.

We know that Long COVID can cause difficulties in other areas of your life, but don't worry, help is available. Contact your local Citizens Advice for information, advice and support with:

- * Work
- * Benefits
- * Money and debt
- * Housing
- * Family and relationships

For help with these and any other area of your life affected by Long COVID visit citizensadvice.org.uk.

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