

## **Could it be Long COVID?**

### **Would you be willing to help us raise awareness?**

Could it be Long COVID? is a joint campaign by local Citizens Advice offices and the East Suffolk and North Essex NHS Foundation Trust which commissions services for West Suffolk, Colchester, and Ipswich hospitals.

It is an opportunity for individuals and local organisations to help local people by amplifying the message that Long COVID exists, explaining the symptoms, and promoting the [Suffolk and North East Essex Long Covid Assessment Service](#) and local [Citizens Advice services](#) that can provide help, advice and support.

## **Our aims:**

To raise awareness throughout the whole community that:

- Long COVID exists
- Common symptoms are fatigue, brain fog, breathlessness, muscle and joint pain, palpitations, loss of taste and smell, but there are many others
- There is lots of help and support available locally and online for people who have Long COVID.

We particularly want to reach: young men between the ages of 16 and 25; black and minority ethnic communities; LGBTQ+ communities; and the Gypsy, Roma and Traveller communities who may not already be accessing our services.

## **How can you get involved?**

There are many ways you can help us spread the word:

- Talk about Long COVID to friends, family, and colleagues
- Put up our poster in public areas
- Hand out our flyers
- Post on social media
- If you have experience of Long COVID share your experiences with us - we would love to develop some case studies
- Include an article about the Long Covid Service in your newsletter
- Or forward our email to your contacts

We would be very grateful if you are willing to let your partners and local community groups know about this campaign so they can help spread the word throughout the community and get people the help they deserve.

## **Templates and social media resources**

You can download posters, flyers, social media graphics and newsletter articles at <https://suffolkwestcab.org.uk/Long-Covid>

## **Need more help?**

If you have any questions about our Long COVID awareness raising campaign or you would like to arrange a presentation for a group of people, please email [Long.Covid@swcab.org.uk](mailto:Long.Covid@swcab.org.uk)