



LONG COVID

STILL STRUGGLING WITH THE EFFECTS OF LONG COVID-19?

Things we can do:

- Provide an appointment with a GP to discuss your recovery.
- If your symptoms linger more than 12 weeks, we can refer you to a Long Covid rehabilitation evaluation clinic.
- Our social prescriber can connect you with local services for emotional and practical support.

Things you can do:

- Check out the NHS website: www.yourcovidrecovery.nhs.uk
Discover the impact of coronavirus on your physical and mental health, as well as what to anticipate during recovery.
- Visit the Birmingham and Solihull post covid website: www.postcovidsyndromebsol.nhs.uk

The common Long COVID's symptoms

- | | |
|--|--|
| <input checked="" type="checkbox"/> Shortness of breath | <input checked="" type="checkbox"/> Extreme tiredness, Fatigue |
| <input checked="" type="checkbox"/> Chronic cough | <input checked="" type="checkbox"/> Sleep disorder |
| <input type="checkbox"/> Brain fog | <input type="checkbox"/> Abnormal menstruation |
| <input checked="" type="checkbox"/> Headache | <input type="checkbox"/> Changes in the sense of smell/taste |
| <input type="checkbox"/> Abdominal pain, Diarrhoea | <input type="checkbox"/> Fever |
| <input type="checkbox"/> Rashes | <input type="checkbox"/> Joint/Muscle pain |
| <input type="checkbox"/> Mood swing, Depression, Stress, Anxiety | |



High-Risk Group for Long COVID

- Elderly patients
- Patients with underlying disease (e.g., Chronic lung disease, High blood pressure, Heart disease, Obesity, etc.)
- Patients who had pneumonia caused by COVID-19
- Male patients
(The prevalence of Long COVID is more common in men than women)



Approximately 1 in 5 adults aged 18 and over have a health issue that may be linked to their previous COVID-19 illness, such as:



CARDIOVASCULAR

inflammation of the heart muscle



RESPIRATORY

lung function abnormalities



DERMATOLOGIC

rash



NEUROLOGIC

loss of taste & smell, sleep disturbance



PSYCHIATRIC

depression, anxiety, changes in mood