

Are you still experiencing long-term health effects following COVID-19 infection?



Support services in Birmingham and Solihull

A list of support services you can access in Birmingham and Solihull is available here: www.postcovidsyndromeBSOL.nhs.uk

Fatigue
Coughing
Breathlessness
Muscle and joint pain
Mental health issues
like anxiety

Post-COVID Syndrome

Supporting your recovery

Post-COVID Syndrome or 'long COVID' has symptoms that can affect your physical and mental health.

There is a lot you can do to support your own recovery. There are also services for those who need a bit more support.



What is Post-COVID Syndrome?

Post-COVID Syndrome (sometimes called 'long COVID') can affect your physical and mental health. Symptoms can develop during or following a COVID-19 infection and continue for more than 12 weeks. These symptoms can include:

- Fatigue
- Coughing
- Breathlessness
- Muscle and joint pain
- Mental health issues like anxiety

How common is Post-COVID Syndrome?

Around 10% of patients who have tested positive for COVID-19 remain unwell beyond three weeks, and a smaller proportion for months.

How long does it last?

The available evidence tells us recovery is different for everyone. Symptoms may persist for weeks or months. That's why it's very important to find the right treatment and support.

The good news is that there is a lot you can do support your own recovery.

Supporting your own recovery



As you recover from COVID-19 there are things you can do to support yourself. The 'Your COVID Recovery' website helps you to understand what has happened and what you might expect as part of your recovery. Visit: www.yourcovidrecovery.nhs.uk or scan the QR code.

Support from your GP

For those who need a bit more support during their recovery, your GP can help guide you to the best service. This might include:

- Respiratory (breathing) clinics
- Physical therapy
- Speech and language therapy
- Mental health support
- Wellbeing support

How to access support

If you were admitted to hospital due to your COVID-19 diagnosis, you may already be receiving follow up support from the hospital team.

If you have continued to experiencing symptoms for 12 weeks or more after your COVID infection, please contact your GP surgery. They can help you to access the right support.