

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

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

Post-COVID Syndrome

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.

Supporting your own recovery



The 'Your COVID Recovery' website has lots of resources to support your recovery. Visit:
www.yourcovidrecovery.nhs.uk

More help from your GP



Find out more information about services in Birmingham and Solihull by visiting:
www.postcovidsyndromeBSOL.nhs.uk

