

**MESSAGE
CASCADERS**

Long Covid

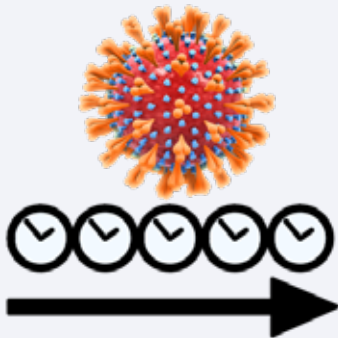
How to spot the signs and keep yourself and others safe



What is long COVID?



For some people, COVID-19 can cause symptoms that last weeks or months after the infection has gone.



This is sometimes called post-COVID-19 syndrome or “long COVID”.



How long it takes to recover from COVID-19 is different for everybody.



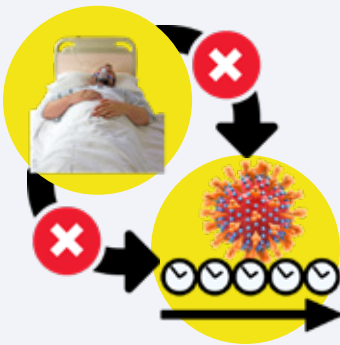
12 weeks

Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks.

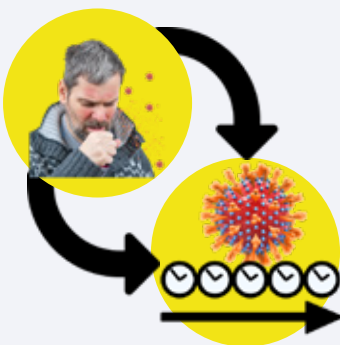
What is long COVID?



But for some people, it can take longer to get better.



The chances of having long COVID do not seem to be linked to how ill you are when you first get COVID-19.



People who had mild symptoms at first can still have long-term problems.



This is why it is vital that we continue to take precautions to keep each other safe.

What is long COVID?



The best way to avoid long COVID is to reduce spread of the virus.

You can do this by:



Washing your hands regularly and for 20 seconds



Wearing a face covering over nose and mouth when indoors or in a crowded place.

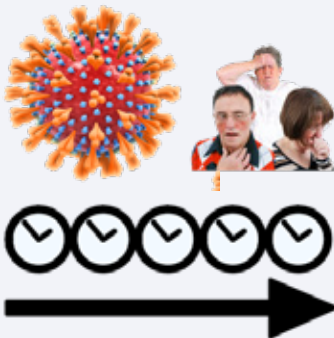


Staying 2 metres apart from people you do not live with where possible



Letting fresh air into indoor spaces to help remove air that contains virus particles and prevent the spread of Covid-19

What is long COVID?



There are a lot of symptoms people with long COVID may get. Not everyone with long COVID has the same symptoms.

Symptoms can include:



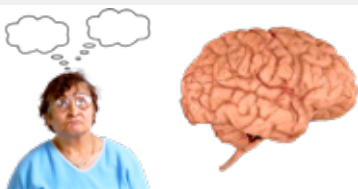
Breathlessness



Fatigue



Chest pain or tightness



Problems with memory and concentration



Heart murmur



Dizziness



Pins and needles



Joint pain



Depression and anxiety

What is long COVID?



**Tinnitus
(Ringing in ears)**



Skin rash



Earaches



Headaches



Feeling sick



Diarrhoea



Stomach aches



Loss of appetite



A high temperature



Cough



Sore throat



**Changes to sense
of smell or taste**

Where can I get help?



Contact a GP if you're worried about symptoms you have had for 4 weeks or more after having COVID-19.



For more information about recovering from COVID-19, please go to:

<https://www.yourcovidrecovery.nhs.uk/>

This document was made in easy-read by members of the Suffolk Learning Disability Partnership.

It was commissioned by Public Health Suffolk.

To find out more about the Suffolk Learning Disability Partnership:

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