

What other support is available for Long Covid?

Local support available in Sheffield:

- **Darnall Well Being** host a monthly Long Covid Support Group at Darnall primary Care Centre. Booking is essential if you want to join their meeting – contact them on 0114 2496315 or email: dwb.enquiries@darnallwellbeing.org.uk
- **The Sheffield ME and Fibromyalgia Group** provide a range of support to people with Long Covid – contact them on 0114 253 6700 or through their website: www.sheffieldmegroup.co.uk
- **SOHAS (Sheffield Occupational Health Advisory Service)** can provide advice on work-related health issues – contact them on 0114 275 5760 or through their website: www.sohas.co.uk



Advice on Long Covid

To find out more information or advice on Long Covid visit the following national websites:

- Your COVID Recovery <https://www.yourcovidrecovery.nhs.uk/>
- My Long COVID Needs <https://mylongcovid.org.uk/>
- Long Covid Support <https://www.longcovid.org/>

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What is Long Covid?

Long Covid is when the symptoms of your Covid-19 infection last for longer than 12 weeks.



What is Long Covid ?

- Most people with COVID-19 feel better within a few days or weeks and make a full recovery.
- For some people, symptoms can last longer than 12 weeks. . This is called long COVID.
- Long Covid can be difficult to diagnose, and some people might not realize their symptoms might be linked to the Covid-19 infection.
- Symptoms can come and go, and new ones can appear weeks or months later
- People may not be aware they have had Covid-19. Some may have not had symptoms at the time of infection or might not have had a test.

Some of the symptoms of long COVID are:

The most common symptoms of long COVID are:

- Feeling tired all the time
- Feeling short of breath
- Loss of smell and taste
- Muscle aches
- Loss of concentration
- Forgetting things
- Chest pain or tightness
- Difficulty sleeping
- Fast beating heart
- Joint pain
- Depression and anxiety
- Diarrhoea
- Stomach aches
- Not feel like eating
- Cough
- Headaches
- Sore throat,

Contact a GP if :

- you have had symptoms of COVID-19 for 4 weeks or more and are worried.

Contacting your GP.

- Contact your GP if there are any new symptoms or current symptoms that are getting worse following the COVID-19 infection. Especially if the symptoms have been present for 4 weeks or more.
- Contact your GP, Ask your GP what tests you need to rule Long Covid in or out.
- If your symptoms are mild , your GP may offer simple self-management advice.
- Your GP will want to make sure that there are no other more serious reasons for your symptoms.
- If you still have symptoms after 12 weeks, speak to your GP about a referral to the **Sheffield Long Covid Rehabilitation Hub**.
- For help from a member of the GP team – use your GP surgery’s website, an online service or app, or call the surgery.
- For urgent medical help – use the NHS 111 online service, or call 111 if you’re unable to get help online.
- For life-threatening emergencies – call 999 for an ambulance.

