

# Long Covid Information

## Information on Long Covid and how to get support



**This leaflet is in Easy Read**

**What is Long Covid?**



**What are the symptoms?**



**How can I get support?**



# Long COVID Information

## Easy Read



This leaflet is a summary of the latest **NHS guidance on long COVID**. It was made for people in Sheffield.



This leaflet is made in an **Easy Read format** to make it easier to understand.



You don't have to be sick with Covid to catch long Covid. Long covid is when someone still feels unwell after **twelve weeks**.

## What is long COVID?



Some people **recover quickly** from Covid. Other people may have **ongoing symptoms**, which means that they last for a few weeks or longer.



When symptoms last for **more than twelve weeks** this is known as **long COVID**.

## Signs and symptoms of long COVID



There are lots of different symptoms of **Long Covid**. Symptoms are how you feel or look when you have different illnesses.

The most **common symptoms** of Long Covid are:

### **Fatigue**

- Feeling tired all the time, even when well-rested
- Not feeling refreshed by sleep



### **Breathing Problems**

- Being out of breath
- Coughing
- Sore throat or trouble swallowing.





## Ear, nose and throat symptoms

- Loss of taste and/or smell
- Ringing in the ears called tinnitus
- Dizziness



## Chest and Heart problems

- Chest tightness
- Chest pain
- Heartbeats that you notice. This is called palpitations.



## Brain and memory problems

- Not being able to concentrate or remember things. This is sometimes called brain fog.
- Headaches
- Trouble sleeping or broken sleep



## Mental health

- Having a low mood or feeling down.
- Feeling very worried all the time or anxious.



## Joints, Muscles, and Body

- Muscle and joint pain
- Pins and needles or numbness in different parts of your body.
- Rashes on your skin.



## Digestive system

- sore tummy
- feeling sick
- diarrhoea
- Changes in appetite



Many other symptoms of Long Covid are not on this list. You may want to **think about Long Covid** if you have symptoms you can't explain otherwise.



For example, some people already have **health problems before they catch covid**. People have reported that it has **made their symptoms worse**.



This can be a big problem for people who have **disabilities and long-term conditions**.

## How to seek help



If you think you have long COVID you should **look for help**. You don't need to suffer alone.



Symptoms and recovery time can **vary in different people**. It is important not to compare yourself to others.



Going to your **doctor** is the first step. **You do not need** to show your doctor a positive Covid test to talk about Long Covid.



If your symptoms are **mild**, your doctor may be able to offer simple **self-management** advice.



If you still have symptoms after **12 weeks**, or they get worse, your doctor may want to do some tests to make sure you don't have other illnesses.



To **help your doctor** find out what is wrong, it is good to tell them about **your symptoms** and **how they have changed**.



**Keeping a diary** may help you remember this and follow **how your symptoms are affecting you**.



If they don't find any other reason for you **feeling unwell**, they may diagnose you with **long covid**.



They may refer you to **the Long Covid Rehabilitation Hub for more help**. You can only be referred to the Long Covid Hub **through your doctor**.



**The Long Covid Rehabilitation Hub** is a service that can help you manage your symptoms and support you.

## Local support in Sheffield

### Sheffield ME Group



Sheffield ME Group provides some support for people with Long Covid, they also do a **Long COVID meet up**. This is in person.



Email:

[info@sheffieldmegroup.co.uk](mailto:info@sheffieldmegroup.co.uk)



Phone:

0114 2536700

Or 07753948186



Website:

[www.sheffieldmegroup.co.uk/](http://www.sheffieldmegroup.co.uk/)

### Darnall Well Being



You can go to a **monthly group** for people with Long Covid at Darnall Well Being. Let them know if you would like to go.



Email:

[dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk)



Phone:

0114 2496315



Website:

[www.darnallwellbeing.org.uk/](http://www.darnallwellbeing.org.uk/)

## **Sheffield Occupational Health Advisory Service (SOHAS)**



If you are having difficulties at work because of your health – SOHAS might be able to help you and give you advice.



Phone:

0114 275 5760



Website:

[www.sohas.co.uk/](http://www.sohas.co.uk/)

## Other useful websites



Here are different websites and links for Long Covid support. You can use them at any time.

### **My Long COVID Needs**



My Long COVID Needs is an **assessment tool** that will help you to understand your current Long COVID symptoms and **what help you can get**.



Website:

<https://mylongcovid.org.uk/>

### **Your COVID Recovery**



Your COVID recovery is an NHS website that has information on different **symptoms** and useful **suggestions**.



Your Covid Recovery

[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)

## Long COVID Support



Long Covid Support is a website run by people with Long Covid and has lots of **information** and practical **support**.



Website:

[www.longcovid.org](http://www.longcovid.org)

Document translated into Easy Read by Sheffield Voices, in Partnership with VAS and Healthwatch.

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