



Long Covid

What you can do

Most people who get the Coronavirus soon get better.

But some people can have symptoms for weeks or months after. This is called Long Covid. Symptoms are the signs you show when you have an illness.

You can get Long Covid even if you did not feel very poorly when you first got Covid.

This leaflet tells you some things you can do to feel better if you have Long Covid.





There are a lot of things we do not know about Long Covid. So, the information in this leaflet may need to change.



If you are worried, or if children or teenagers have had signs of Covid for more than 4 weeks, you should contact your GP.



These are some of the symptoms you can have with Long Covid and some things you can do to help:



Fatigue

This means being very tired, or feeling weak

- Get plenty of rest
- Pace yourself – do not do too much on the same day
- Get family, friends or carers to help you



Brain fog

This is where you get confused, have trouble remembering things, or find it hard to think clearly

- Keep calm
- Do not try to do too much all at once
- Break big jobs into small steps
- Plan what you need to do – making a list can help





Pain

- You can take medicine to make things less painful
- Always follow the instructions
- Ask your Doctor or Pharmacist for advice

Breathlessness

If you feel you are having trouble breathing, try getting into 1 of these positions.



Sit upright and relax



Sit and lean forward



Stand and lean forward



Stand and lean backward



Lie on side propped up



- Relax your shoulders and neck
 - Breathe in slowly through your nose
 - Let the air fill up your lungs from the bottom to the top
 - Breathe out gently through your mouth
 - Keep cool, open a window, use a wet flannel to cool around your nose and mouth
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Cough

- Take small sips of drink
- Warm honey and lemon juice mixed with hot water can soothe your throat
- Sit in a steamy bathroom and breathe in the air



Loss of sense of taste and smell

If you lose your sense of smell it can make food taste different. You may not like the way even favourite foods taste to you.

- Try different flavours or textures of food
- If the smell of cooking is putting you off try cold food or microwave ready meals
- Bland foods such as plain chicken, fish, tofu or rice may be easier to eat
- Add flavours you like
- If you find it hard to eat, you may want to take a supplement such as a multivitamin tablet



Look after your mental health and wellbeing



Long Covid can make it hard for you to do the things you normally do such as housework, or washing and dressing, or getting about.

- You may feel down or in a low mood
- Worry about your health or money
- Not be able to sleep well

Things you can do to feel better



- Do not be too hard on yourself, it takes time to get better
- Do things you like to do
- Get enough sleep – take time to relax
- Talk to family and friends



- Eat healthy food
 - If watching the news or going on social media makes you worry, cut down on the amount of time you spend watching TV or online
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Get help and advice if you need it

Contact your Doctor

Websites



<https://whileyouwait.org.uk>

Has advice on looking after yourself

www.yourcovidrecovery.nhs.uk

More advice on coping with Long Covid

www.blf.org.uk/support-for-you/long-covid/breathlessness-support

British Lung Foundation advice on coping with breathlessness

www.gmmh.nhs.uk

Greater Manchester Mental Health Foundation for support about your mental wellbeing. Phone them any time on 0800 953 0285

Groups



Greater Manchester Long Covid Peer Support Group

Online meeting, Wednesdays 6 to 7pm

WhatsApp group for rest of the week.

Expenses available to support people to join.

To join group email: val.bayliss-brideaux@nhs.net

Or text: 0770 266 8169

Courses



Expert Patients Programme

Free course from Manchester Foundation Trust for anyone who has or cares for someone with a long-term health condition.

The course is held all over Manchester.

There are 6 weekly sessions, each session is 2 ½ hours long.

Run by people who have had a long-term health condition.

To find out more contact the Expert patients Programme Team

Email: mft.epp@nhs.net

Phone: 0161 371 2105
