**Web content**

**Post-COVID Syndrome**

Post-COVID Syndrome (sometimes called ‘long COVID’) has a number of symptoms that can affect your physical and mental health.

There is a lot you can do to support your own recovery. If you need a bit more support, you can talk to your GP.

**The symptoms of Post-COVID Syndrome**

Symptoms can develop during or following a COVID-19 infection and continue for more than 12 weeks. These symptoms can include:

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

**How common is it?**

Around 10% of patients who have tested positive for COVID-19 remain unwell beyond three weeks, and a smaller proportion for months. The available evidence tells us recovery is different for everyone. Symptoms may persist for weeks or months. That’s why it’s very important to find the right treatment and support.

**Supporting your own recovery**

As you recover from COVID-19 there are things you can do to support yourself. The [Your COVID Recovery](http://www.yourcovidrecovery.nhs.uk/) website helps you to understand what has happened and what you might expect as part of your recovery.

For those who need a bit more support during their recovery, your GP can help guide you to the best service. This might include:

* Respiratory (breathing) clinics
* Physical therapy
* Speech and language therapy
* Mental health support
* Wellbeing support

**How to access support**

If you were admitted to hospital due to your COVID-19 diagnosis, you may already be receiving follow up support from the hospital team. If not, please contact your GP surgery. They can help you to access the right support.

You can also find more information about local services here: [www.postcovidsyndromeBSOL.nhs.uk](http://www.postcovidsyndromeBSOL.nhs.uk)