INCLUSION
GLOUCESTERSHIRE
BIGGER DREAMS ▶ BETTER LIVES ▶ BRIGHTER FUTURES

COVID-19

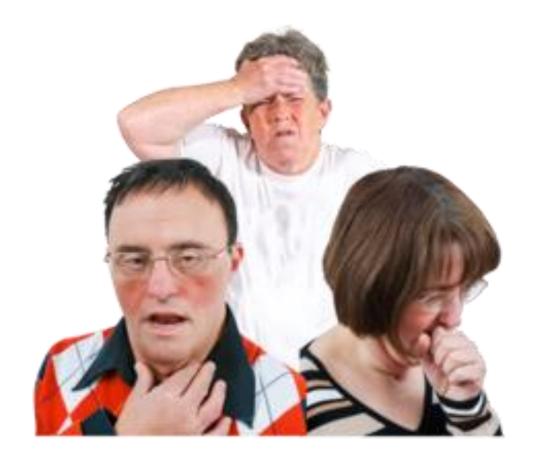How long it takes to get better from coronavirus is different for everybody

Some people can have signs of illness for a long time.

This is called Long Covid.

Long Covid has lots of different symptoms.

Some people can have a cough for a long time after coronavirus.

Coughing is a way that the body gets rid of things in our lungs.

You might feel like your chest hurts or your heart is going faster than it normally does

Or you might find it hard to breathe

You might find it hard to do things because you do not have energy.

You might have a fever - when your body is warmer than it would normally be .

Lots of people can't sleep after not being well.

Some people might have pain or pins and needles.

If you are worried that you may have Long Covid, you should call your GP and tell them.

Top Tips:

Look after yourself and rest

Try not to do too much

Having a plan for your day can help.
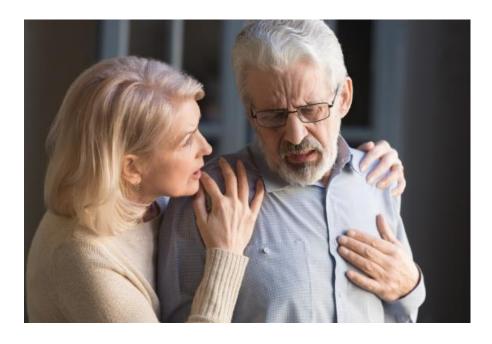
Do not do lots of things on one day,

You can take medicine that can help with the pain.

Try to speak to friends and family if you are worried.

We want to make sure people know about Long Covid and get the help they need.

For more Easy Read information, please see
https://www.inclusiongloucestershire.co.uk/covid-19/