

**MESSAGE  
CASCADERS**

# Long Covid

How to spot the signs and keep yourself and others safe



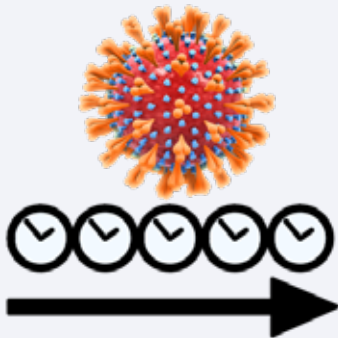
**Published October 2021**

**Suffolk Learning  
Disability Partnership**

# What is long COVID?



For some people, COVID-19 can cause symptoms that last weeks or months after the infection has gone.



This is sometimes called post-COVID-19 syndrome or “long COVID”.



How long it takes to recover from COVID-19 is different for everybody.



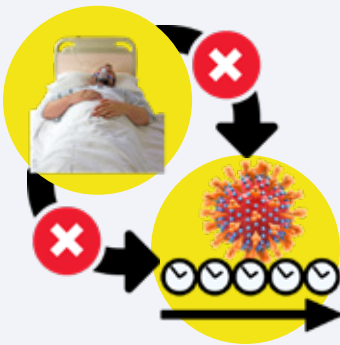
**12 weeks**

Many people feel better in a few days or weeks and most will make a full recovery within 12 weeks.

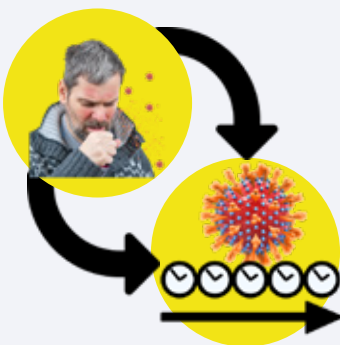
# What is long COVID?



**But for some people, it can take longer to get better.**



**The chances of having long COVID do not seem to be linked to how ill you are when you first get COVID-19.**



**People who had mild symptoms at first can still have long-term problems.**



**This is why it is vital that we continue to take precautions to keep each other safe.**

# What is long COVID?



**The best way to avoid long COVID is to reduce spread of the virus.**

**You can do this by:**



**Washing your hands regularly and for 20 seconds**



**Wearing a face covering over nose and mouth when indoors or in a crowded place.**

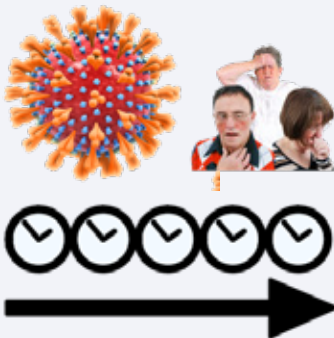


**Staying 2 metres apart from people you do not live with where possible**



**Letting fresh air into indoor spaces to help remove air that contains virus particles and prevent the spread of Covid-19**

# What is long COVID?



There are a lot of symptoms people with long COVID may get. Not everyone with long COVID has the same symptoms.

Symptoms can include:



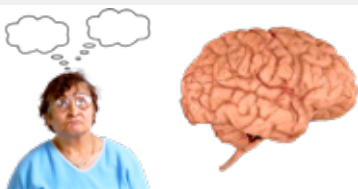
**Breathlessness**



**Fatigue**



**Chest pain or tightness**



**Problems with memory and concentration**



**Heart murmur**



**Dizziness**



**Pins and needles**



**Joint pain**



**Depression and anxiety**

# What is long COVID?



**Tinnitus  
(Ringing in ears)**



**Skin rash**



**Earaches**



**Headaches**



**Feeling sick**



**Diarrhoea**



**Stomach aches**



**Loss of appetite**



**A high temperature**



**Cough**



**Sore throat**



**Changes to sense  
of smell or taste**



## Where can I get help?



**Contact a GP if you're worried about symptoms you have had for 4 weeks or more after having COVID-19.**



**For more information about recovering from COVID-19, please go to:**

**<https://www.yourcovidrecovery.nhs.uk/>**

This document was made in easy-read by members of the Suffolk Learning Disability Partnership.

It was commissioned by Public Health Suffolk.

## **To find out more about the Suffolk Learning Disability Partnership:**

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