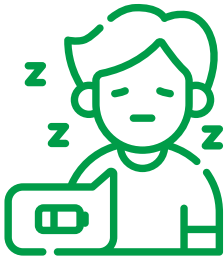


# Long COVID

The most common symptoms of long COVID are:

Fatigue



Headaches



Shortness of breath



Aches and pains



Poor concentration and  
memory problems (brain fog)



## How to get help

Speak to your GP if you have any of these symptoms or you think you might have long COVID.

# What is long COVID?

- Post COVID-19 syndrome is also called 'long COVID'.
- It describes the signs and symptoms that develop during or after an infection consistent with COVID-19, which carry on for **more than 12 weeks and are not explained by a different diagnosis.**
- There are lots of symptoms that you may or may not experience with long COVID.



## Long COVID Community Rehabilitation service

The Leeds Long COVID Community Rehabilitation provide rehab for people who have new, long lasting problems 12 weeks or more after a confirmed or suspected COVID-19 infection which are significantly impacting on their daily life.

The service are a team of Physiotherapists, Occupational Therapists, Dietitians, Rehabilitation assistants and Psychological therapies.

The team are supported by consultants with specialities in rehab medicine, cardiology and respiratory medicine.

**We can make this information available in Braille, large print, audio or other languages on request.**

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

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