

Useful websites:



bit.ly/covid-19fatigue

yourcovidrecovery.nhs.uk

physiotherapyforbpd.org.uk

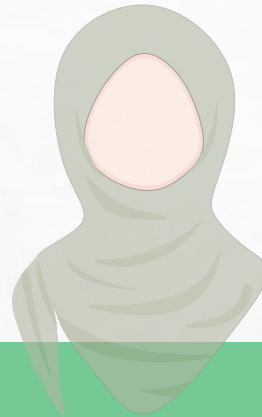


WEBSITE

www.coventrymuslimforum.org

EMAIL

Info@coventrymuslimforum.org



HIGH-RISK GROUP FOR LONG COVID

Elderly Patients

Females

Ethnic Minorities

Socio-Economic Deprivation

Obesity

Patients with underlying disease

Patients who have had pneumonia
caused by COVID-19



THE LONG-TERM EFFECT OF COVID

What is Long Covid?

Long Covid is also known as 'post covid-19 syndrome' and can cover a large range of symptoms that persist for 12 weeks or more after you first had Covid-19. Common symptoms include fatigue, breathlessness, pain, and brain fog.



NHS

Coventry and
Warwickshire

I think I have Long COVID what do I do?

Speak to your GP who will advise on the next step to confirm the diagnosis and refer you to your local Long COVID service.

What does the Long COVID service offer?

The service provides a period of education, support, and guidance to help manage Long Covid symptoms and their impact on daily life, including:

- Fatigue management
- Breathlessness management
- optimising rest and recovery
- cognitive strategies
- Advice on self-care, e.g., sleep
- Emotional well-being
- Guidance about managing work, exercise and other daily activities

This is achieved through 1:1 or group sessions. They may liaise with other services involved in your care to support your recovery. People with severe symptoms, or the suggestion of other underlying conditions are jointly managed with medical doctors.



Who will see me in the Long COVID service?

Specialties in the Long Covid Community Rehabilitation Team include:

Occupational Therapy (OT): OT aims to support people to engage in the activities, roles and routines that are important to them, at home, at work and in community and leisure settings. This often involves fatigue management advice.

Physiotherapy: Physiotherapy aims to support you to maximise your function. This often involves advice around managing breathlessness.

Psychology: Aims to provide psychological support to help you manage any changes in your life after having Covid-19.



Translation

English is not my first language. Will this cause an issue?

Information from this leaflet will be available in the following languages:

- Urdu
- Gujarati
- Bengali
- Arabic
- Pashto
- Swahili
- Kurdish
- Somali

These will be circulated widely and are available on request.

EMAIL US

Info@coventrymuslimforum.org

