

# Are you still experiencing health effects following Covid-19 infection?

Constant headache

Coughing (ongoing)

Anxiety or depression



Muscle and joint pain

Brain fog

Breathlessness

Extreme tiredness

Long-Covid or 'post-Covid' has symptoms that can affect your physical and mental health. If you still have these symptoms a month after your infection, there is a lot you can do to support your own recovery. There are also services for those who need a bit more support.

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



## Supporting your own recovery

Find out more about helping your own recovery and services in your area on the link below:

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

If you need more help please contact your GP.



Best Care  
Healthy Communities