

Long COVID Service



Top Tips

1

Everyone's different

Everyone's experience of Long COVID is different, and symptoms will not be the same for everyone.

2

'Invisible' condition

Long COVID can present as an 'invisible' condition but it is very real and you are NOT imagining it.

3

Time to recharge

Even on a 'good' day, allowing yourself rest time is very important for recovery. Try not to 'push through' your symptoms.

4

Be kind to yourself

Be kind to yourself. You don't have to follow all the advice, all the time. Take what you need and accept what you are doing well.

5

Practice patience

It can take time to make sense of a condition like Long COVID. Each person will find their own ways of coping. We hope you find the guidance useful but don't make any changes you do not feel comfortable with.