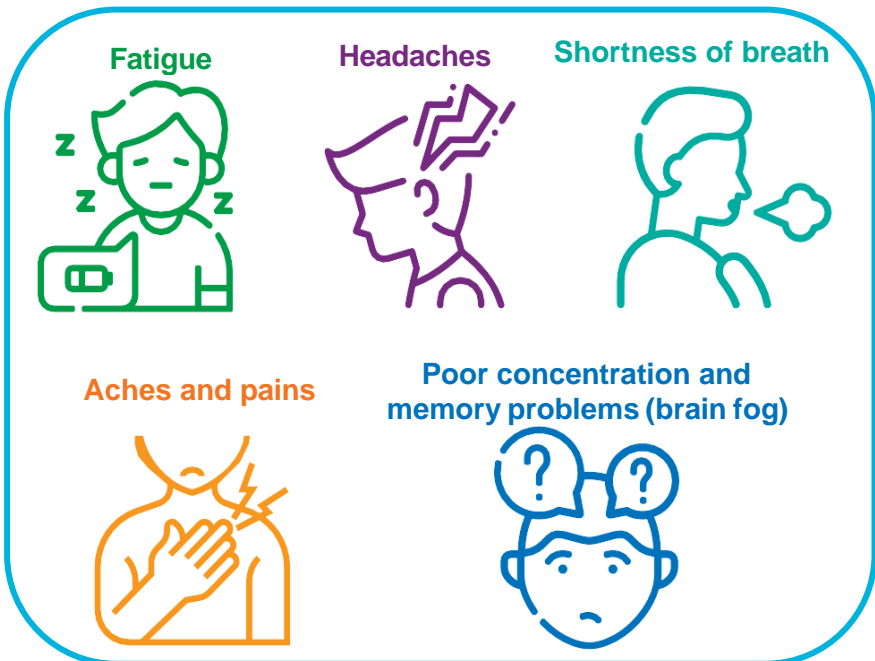


# Long COVID

## (Post-COVID Syndrome)

- Most people get better quickly from COVID. However, some people may feel ill for a long time. This can last for a few weeks or longer. This is called Long COVID.
- Long COVID can have a big impact on your day-to-day life or your work.
- There are lots of symptoms that you may or may not experience with Long COVID. Common symptoms include:



- As well as these physical symptoms, it is normal to feel anxious or low in mood.

## How to get help

Speak to your GP if you have any of these symptoms or if you think you might have Long COVID. They will listen and decide whether to refer you to the Derbyshire Long COVID Service.

## What does the Derbyshire Long COVID Service offer?

We provide assessment and rehabilitation for people who have symptoms which last for more than 4 weeks after a COVID infection. You **do not** need to have tested positive for COVID to access this service.

We are a team of specialists with different professional skills. If you are referred to our service by your GP, we will offer you an assessment appointment. We will work together with you on the next steps.

Our service can continue to work with you towards your recovery. Or we can refer you to other specialist services that can help you.

For more information visit:

<https://joinedupcarederbyshire.co.uk/your-services/post-covid-19/>