

# What is long COVID?



This information is for people aged 18 and over.



Contact your GP if you think you might have long COVID and you are:



- under 18
- a parent, guardian or carer of a young person or child.



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 has been called long COVID.



This does not only happen to people who were very unwell or who were in hospital.

# How long does long COVID last?

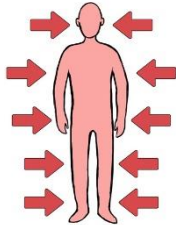


Symptoms are what we call the way an illness makes you feel.



**4 weeks**

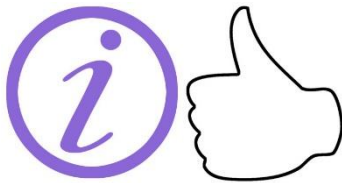
Most people's symptoms of COVID get better in 4 weeks. But for some people they last longer. They can also get new symptoms.



Symptoms can affect any part of your body.



Experts are learning more about how long symptoms will last, and it will be different for each person. We cannot be sure exactly how long coronavirus symptoms will last.



We are learning more all the time so advice might change once we know more.

# Signs and symptoms of long COVID

Signs and symptoms can be different for each person. The most common are:



- cough
- being out of breath



- fatigue which is feeling very tired
- muscle and joint pain



- sleep problems
- loss of smell or taste



- low mood
- 'brain fog' - loss of concentration or memory issues



- anxiety and feeling very worried

## Looking at long COVID symptoms



Nobody understands your symptoms as well as you. Some people can carry on with long COVID symptoms. Others may need help from a healthcare professional.



You are the best person to say how your symptoms affect you.



Your symptoms can be looked at in several ways. This includes looking at your physical and mental wellbeing.

## Planning your care



It is important that you are involved when your care is planned.

Your healthcare professional will talk about what support you need and how you get it.

## Vaccination



We now know how vaccines affect the ongoing symptoms of coronavirus. NHS Scotland recommend you get the coronavirus vaccine when offered it. Vaccines can help reduce the risk of further infection.

## Patient information booklet



There is a patient information booklet for people who have symptoms that last more than 4 weeks.

You can download a PDF version of the booklet online here:  
<https://www.sign.ac.uk/patient-and-public-involvement/patient-publications/long-covid>

## NHS inform helpline



If you have a question about long COVID, you can phone **0800 22 44 88**. The helpline is for general information, not for people who have symptoms. It is open 7 days a week, from 8.00am to 8.00pm.