

Signs and symptoms of long COVID

There are many different signs and symptoms of long COVID. Your symptoms may change over time. The most common symptoms include:



Breathing

- being out of breath
- cough



Heart and circulation

- chest tightness
- chest pain
- heartbeats that you notice. This is called palpitations



Brain

- 'brain fog' - not being able to concentrate or remember things
- headache
- broken sleep
- pins and needles, and numbness
- dizziness
- sudden confusion
- difficulties moving around
- difficulty or changes to sight



Digestive system



- sore tummy
- feeling sick
- diarrhoea
- weight loss and loss of appetite



Joints and muscles

- muscle and joint pain



Mental health

- symptoms of depression like low mood, poor sleep, lack of concentration and feeling helpless
- feeling very worried all the time



Ear, nose and throat symptoms

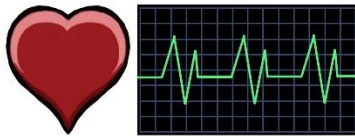
- loss of taste and/or smell
- ringing in the ears called tinnitus
- earache
- sore throat
- dizziness





Skin

- skin rashes
- hair loss



Some people with long COVID may have an abnormal increase in heart rate that happens after standing up. This might need further investigation. Symptoms include light headedness, palpitations and fatigue.

Managing your symptoms



Contact your GP if:

- you are worried about your symptoms
- your symptoms are getting worse

The team at your GP practice can provide advice

Support available



Chest Heart & Stroke Scotland's Advice Line. Nurses give advice, support and information to help people living with long COVID, or their family members.



To contact:

- phone **0808 801 0899** (free from landlines and mobiles)
- text NURSE to **66777**