

Assessing long COVID symptoms



If your healthcare professional thinks you have long COVID, they may:

- ask about your medical history and if you have had, or think you have had COVID



- examine you to find out more about any symptoms you have



If you need it, please ask about extra support for your assessment. You might want to have extra time for your appointment or have an interpreter with you.



Your healthcare professional may ask to include your family or carers in discussions. They'll agree this with you.

How your symptoms will be assessed



Your healthcare professional will talk to you about long COVID symptoms. They may come and go over time. They may suggest tests, like a blood test.

You should be able to manage most symptoms on your own. You may need some help from your primary care team. Your primary care team includes:



- GP
- nurse
- pharmacist
- physiotherapist
- occupational therapist



In some cases, you may need to see a specialist. If you have a serious mental health condition or your healthcare professional thinks you are at risk of serious self-harm or suicide, you will be referred urgently for assessment by a mental health professional.



You may have to go into hospital if you have very bad signs such as:

- a low level of oxygen in your blood
- bad lung disease
- chest pain

Tests



Your healthcare professional may carry out some tests to find out more about your signs and symptoms. The healthcare professional who arranges your test will also tell you how you will get your results.

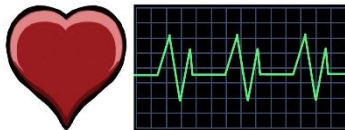
Tests may include:



- blood tests



- an exercise test
- lying and standing blood pressure and heart rate



- oxygen levels test
- a chest X-ray if you still have breathing difficulties



If you have mental health symptoms like anxiety or depression you may be referred:

- for mental health therapies
- to a psychiatry service if you have more complex needs



If your healthcare professional thinks your symptoms are not caused by COVID, you may be offered other tests. You may also be referred to a specialist in that condition.

After your assessment



Your healthcare professional will talk with you about the support you need and how you can get it. They will talk to you about:

- how your symptoms affect your life
- how your symptoms may change or come and go
- how you might need different levels of support at different times