

Your recovery



Getting better from COVID can take time. How long is different for different people. Symptoms can also be different. Not everyone is affected the same way. It is important not to compare yourself to others.

To improve your health it is important you:

- listen to your body
- make sure you get enough sleep
- eat healthily
- have activity and rest

Things you can do for yourself



To help with your recovery, you should think about:

- setting goals with your healthcare professional
- keeping a diary of your symptoms
- having someone to contact if you are worried or need more support



There is lots advice and support. These include:

- support groups
- online groups and apps
- support from other services, including social care, housing, and employment.



Who will be involved in my care?



You may see several professionals with special skills. They will help with different parts of your recovery.



The team at your GP practice will work with you and arrange referrals to the right service in your local health board. This could include:

- occupational therapy
- physiotherapy
- rehabilitation
- clinical services



Other specialists may also be needed, for example:

- a dietitian
- an eye specialist
- a speech and language therapist

How will my care be planned?



Your healthcare professional should talk about your care with you. You can agree on it together.



Knowing the right questions to ask can make a difference.

Your healthcare professional 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



Your healthcare professional may also talk with you about whether you need more appointments to check your progress and recovery.



If your symptoms change, let your healthcare professional know. It could mean you need to be referred to a specialist or have more tests.

Returning to work



The longer effects of COVID will be different for everyone. Some people may need time off work. Your return to work will depend on:

- how you are feeling
- the type of job you do
- your employer



It is important that you work with your employer to manage your return to work.



Some people will need a phased return to work following recovery. A phased return means you slowly build up your hours and days at work.



When you return to work, you may feel more tired. This is normal. It is important that you try and pace yourself both at work and at home.

Other support



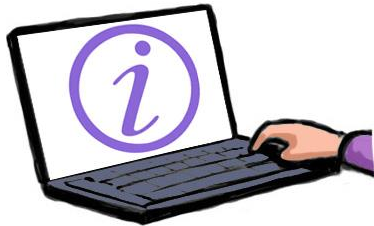
If you are older or have a disability, you may be offered more support. This could include:

- a short term care package
- advance care planning
- support with looking after yourself

Money and caring responsibilities



You may be worried about money after having COVID. You may have caring responsibilities. There are services that can help:



- Citizens Advice Scotland
- Money Advice Scotland: Coronavirus - dealing with debt and money worries
- Care Information Scotland

Chest Heart & Stroke Advice Line



Chest Heart & Stroke Scotland's Advice Line nurses provide confidential advice, support and information to help people living with long COVID, or their family members. To contact the Advice Line nurses:



- phone **0808 801 0899** (free from landlines and mobiles)
- email adviceline@chss.org.uk
- text NURSE to **66777**