

Muscle and joint pain



You may feel pain after COVID especially if you were in hospital or less active. Most pain should go away. Sometimes it might last for longer. There are things you can do to manage pain.



- plan the things you need to do each day

- pace yourself. If pain is stopping you doing a task you can try later



- try to relax. This can be hard, but something which relaxes you will lower the stress of pain



- take regular enjoyable exercise, even a small amount if you can



- talk to others about pain you are feeling. Say why you may need to do things differently at the moment



- do things you enjoy. This makes you feel good and can reduce pain



- speak to your pharmacist for advice about pain management
- take medicine if advised by a healthcare professional



Speak to your GP if:

- your pain is affecting your day to day life
- you are worried about your symptoms