

## Loss of smell or taste



After having coronavirus (COVID-19), you may still have a loss of, or change in, sense of smell or taste.



You may find that foods smell or taste differently after having coronavirus. Food may taste bland, salty, sweet or metallic. This can affect your appetite and how much you eat.

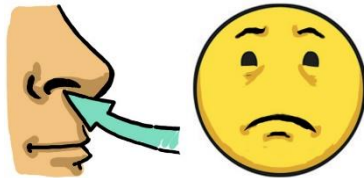


These changes don't usually last long. For a very small number of people, your change of sense of smell or taste may be more long-term.

## What you can do to help



It's important not to compare yourself to others. Everyone's recovery is different.



You may only be able to smell or taste a little, or you may find certain smells or tastes unpleasant. You may experience a bad smell all the time – for example smelling smoke or petrol.



Do:

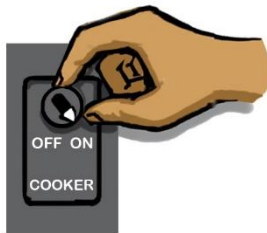
- learn about your condition from trustworthy sources
- eat cool or room temperature foods
- take small mouthfuls – don't give up too quickly as you may get used to the taste
- try bland foods like rice, boiled potatoes and pasta
- try flavours that appeal to you
- keep trying things – what you like can change from week to week
- keep your mouth clean and healthy by brushing your teeth morning and evening
- rinse your mouth with water if it feels dry or uncomfortable
- make sure you eat enough protein like beans, pulses, fish, eggs, meat and other proteins
- try adding strong flavours or spices to help with taste – though don't add too much sugar or salt



## Try smell training



Losing smell may have practical safety concerns – for example gas, smoke, out of date food and poor ventilation. If you don't have a sense of smell, it's important to be aware of these.



You might want to:

- look at your cooker to make sure it is off
- make sure you have a working smoke alarm
- check expiry dates on food



## Speak to your GP practice if:



- your symptoms are not improving
- your symptoms are affecting your day to day life
- you're worried about your symptoms



- you also have other nasal symptoms like blocked nose