

Long COVID Services in Barking and Dagenham, Havering and Redbridge

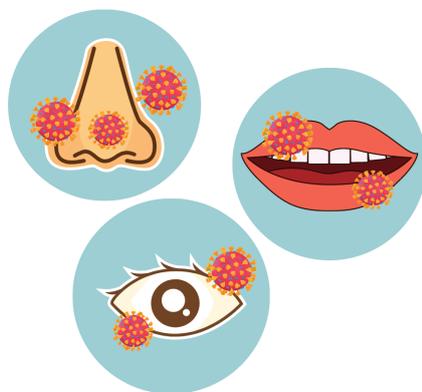
An easy guide



This guide tells you how to get support if you have Long COVID.



COVID-19 is a virus that can spread easily from sneezing and coughing.



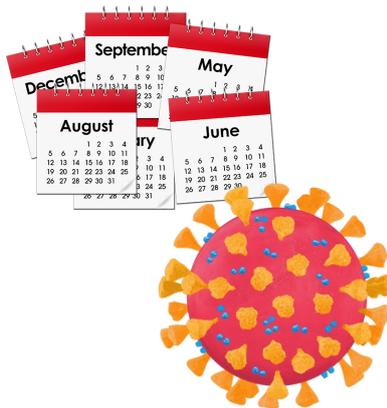
COVID-19 can enter your body through your nose, mouth and eyes.

What is Long COVID?



1 in 10 people can still feel sick for **12 weeks** or longer after getting COVID-19.





Sometimes people are ill for a long time after they have COVID. If doctors cannot find any reason for you feeling ill for such a long time it is then called Long COVID.



When someone has Long COVID it makes everyday things harder to do.

Some people with Long COVID feel:



It is difficult to breathe, shortness of breath



Problems with sleeping and feeling very tired



Low mood and anxious



Your heart beats faster



Body aches and pain



Changes in taste and smell



Pins and needles



Problems with memory and concentration



How to get help with Long COVID



If you feel you have any of the problems listed and you have had COVID you should go to the GP and get them to check if you have Long COVID.



You may get referred to a Long COVID service which can support you with things like breathing, diet, tiredness and low mood or anxiety.



You can also get more support in your community for help with things like finance, work, housing and having a healthy life.



Where to find out more information

First of all, if you think you have symptoms, please speak to your doctor.

If you are worried about the impact Long COVID is having on your mood, anxiety and quality of life, speak to Talking Therapies:

Telephone: 0300 300 1554

Website: <https://www.talkingtherapies.nelft.nhs.uk/>

You can also ring Mental Health Direct on 0800 995 1000

More information on Long COVID support services for people living in Barking and Dagenham, Havering and Redbridge is at:

<https://www.nelft.nhs.uk/information-and-advice-on-long-covid>

More information on Long COVID is at NHS - Your Covid Recovery:

www.yourcovidrecovery.nhs.uk/

