

Your COVID recovery – Social Pack

COVID-19 continues to pose a serious risk to public health. There is a lot of misinformation that undermines the collective fight against the virus, so it is important that the public get the facts from a trusted source to keep themselves safe, protect the NHS and ultimately, save lives.

The aim of this Social Pack is to ensure that any information regarding Long COVID symptoms that reaches our social channels is correct and reliable, or that the public are visiting the correct sites to gather their information.

- As you find yourself recovering from #COVID19, you may still be coming to terms with the impact the virus has had on both your body & mind.

The website below helps you understand what has happened and what you might expect as part of your recovery 🙌

📱 - <https://www.yourcovidrecovery.nhs.uk/>

- While #COVID symptoms tend to pass quickly for most, there are some who continue to experience long term effects beyond the initial illness – this is known as long COVID

Click the link to view the help and support available 👁️: <https://www.longcovid.org/resources/patients>

- Long COVID (experiencing long term effects beyond the initial illness) can happen to anyone who has had COVID-19, even if the illness was mild, or they had no symptoms 🙄

A useful guide has been compiled below to offer you help and guidance 📖 : <https://www.longcovid.org/resources/patients>

- If you're experiencing long-term effects of #COVID, weeks or months after your initial illness, this is known as long COVID 😊

DYK 🤔: 1.1 million people in the UK were reporting long Covid symptoms in the four weeks to 6 March 2021

For reliable guidance: <https://www.longcovid.org/resources/patients>

- Respiratory illnesses, such as #COVID19, can cause breathlessness both during and whilst recovering.

There are multiple approaches that can be used to tackle breathlessness, the main one being breathing techniques 🧘

Read this article on respiratory care: <https://www.blf.org.uk/support-for-you/breathlessness/how-to-manage-breathlessness#control>

- If you find that #COVID has affected your breathing, you may need to take action to help your breathing and swallowing 🍴🍷

The website below offers useful advice to ensure your breathlessness does not affect your eating or drinking whilst you are unwell 🙌

<https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/voice-and-swallowing/>
- Whilst recovering from #COVID you may still experience a dry cough. If left unmanaged, this can cause irritation and inflammation.

It can be difficult to control your cough, but for your airways to stay clear it is important that you keep practising 🙌🙌

<https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-body/cough/>
- If you are struggling to eat enough in your long COVID recovery, or if you are losing too much weight or strength in your muscles, you may need to think differently about the foods you are eating 🤔🍲

View this nutrition guide for help and advice: <https://www.malnutritionpathway.co.uk/library/covid19yellow.pdf>
- Have you been feeling exhausted despite getting plenty of sleep & rest after having #COVID19?

It is likely that you're suffering from post-viral fatigue, but there's plenty of useful advice on how to increase energy levels and stabilise your body 🥤

📱 - <https://www.rcot.co.uk/how-manage-post-viral-fatigue-after-covid-19-0>
- It's common to experience physical problems whilst recovering from #COVID, including muscle weakness and joint stiffness, fatigue, as well as reduced mobility 🚶

This leaflet provides 6 easy to follow exercises to help rebuild your muscle strength 🦵: https://www.csp.org.uk/system/files/documents/2020-06/001751_covid19-the_road_to_recovery_6x_poster_final.pdf
- Many people who have recovered from COVID-19 have reported feeling not like themselves: short-term memory loss, confusion, or an inability to concentrate 😞

It is important that we manage these difficulties, so please view the useful advice below 📌

📌 - <https://www.yourcovidrecovery.nhs.uk/managing-the-effects/effects-on-your-mind/memory-and-concentration/>

- People's anxiety in the face of the #COVID19 pandemic is normal & understandable. Many of us are struggling with how the virus is affecting ourselves and others, but please remember that you are not alone 🙋

If you're worried, or for more information 📞: <https://www.mentalhealth.org.uk/coronavirus>