

Information to Support Your Covid Recovery

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

If you are concerned about your recovery please use the resources below or visit [Your COVID Recovery | Supporting your recovery after COVID-19](#) if you are still concerned then contact your GP for advice.

Long Covid General Resources

While coronavirus symptoms tend to pass quickly for most, there are some who continue to experience long term effects for additional weeks or months beyond the initial illness – this is known as long Covid. Please know that you are not alone, according to Office for National Statistics estimates, 1.1 million people in the UK were reporting long Covid symptoms in the four weeks to 6 March 2021. Long Covid can happen to anyone who has had COVID-19, even if the illness was mild, or they had no symptoms. ‘Long Covid Support’ has compiled a useful guide on the help and support available for those suffering with long Covid. Click [here](#) to view.

Other useful links:

<https://patient.info/news-and-features/long-covid-what-support-is-available>
<https://www.blf.org.uk/support-for-you/long-covid/what-is-long-covid>

Breathlessness Management

Respiratory illnesses, such as COVID-19, can cause breathlessness both during and whilst recovering. How you think and feel about breathing is important, it can affect our daily activities as well as our health and wellbeing. There are multiple approaches that can be used to tackle breathlessness, the main one being breathing techniques. This leaflet offers five different exercises used to control and settle your breathing, please see [here](#). Alternatively, please click [here](#) for an insightful video on respiratory care that includes a walkthrough on positional advice.

Other useful links:

[Your Covid Recovery](#)
[How to cope with being short of breath \(positional advice\)](#)
[Respiratory Care Energy conservation](#)
[Respiratory Care Active cycle of breathing techniques](#)
[Respiratory Care How to cope with being SOB – breathing exercises](#)
[What can I do to manage my breathlessness?](#)
[Asthma UK - If you get COVID-19 and have asthma](#)

Helplines:

Asthma expert nurse helpline - 0300 222 5800

Voice and Swallowing

In order to stop any food or fluid entering the lungs, our natural instinct is to hold our breath, however, Covid can make this difficult. If you find that COVID has affected your breathing, you may need to take action to help manage your coordination of breathing and swallowing. 'Your Covid Recovery' offers useful advice to ensure your breathlessness does not affect your eating or drinking whilst you are unwell. Please click [here](#) to view.

Cough Management

Whilst recovering from Covid you may still experience a dry cough for some time which, if left unmanaged, can cause irritation and inflammation. It can be very difficult to control your cough, but for your airways to stay clear it is important that you keep practising. Please see [here](#) for a helpful guide on breathing exercises.

Appetite, taste, and smell

If you are struggling to eat enough, or if you are losing weight or strength in your muscles, you may need to think differently about the foods you are eating. This leaflet provides important tips to help you get the most out of the foods you eat while you are unwell and may help you to regain some of the weight or strength you have lost. The malnutrition pathway website has produced a useful guide to follow. Click [here](#) to view.

Other useful links:

[Eating Well](#)

[Nutrition Support](#)

[Your Covid recovery – taste and smell](#)

[Your Covid Recovery – eating well](#)

Fatigue and Pacing

Have you been feeling tired and exhausted despite getting plenty of sleep and rest? It is normal to feel tired from time to time but if this has been happening for an extended period, it is more than likely that you are suffering from post-viral fatigue. The Royal College of Occupational Therapists offer useful advice and activities on how to increase energy levels and gradually stabilise your body. Please see link [here](#) on how to manage post-viral fatigue after Covid-19.

Other useful links:

[College of Occupational Therapy – How to conserve your energy](#)

[Your Covid Recovery – fatigue](#)

[Your Covid Recovery – sleeping well](#)

Mobility and Function

It is common to experience physical problems whilst recovering from Covid-19, this could include muscle weakness and joint stiffness, fatigue, as well as reduced mobility. If you feel that you are struggling to remain as active as you once were, please see CPS' leaflet that provides six easy to follow exercises to help rebuild your muscle strength. Please click [here](#) to view.

Other useful links:

[Your Covid recovery – returning to work](#)

Cognition

Many people who have recovered from COVID-19 have reported feeling not like themselves: experiencing short-term memory loss, confusion, or an inability to concentrate. Problems with attention and concentration can make it hard to focus and ignore distractions day-to-day, therefore it is important that we manage these difficulties. Please see useful advice [here](#) on Pacing, Planning and Prioritising your daily activities.

Psychology and Mental Health

Fear, worry, and stress are natural reactions to potential or actual threats especially during times when we are faced with uncertainty and the unknown. As a result, people's anxiety in the face of the COVID-19 pandemic is normal and understandable. Many of us are struggling with how the virus is affecting ourselves and our loved ones, but please remember that you are not alone. The Mental Health Foundation website offers multiple resources to help us stay informed on what we can do to support and manage our wellbeing during such difficult times. For more information, please click [here](#).

Other useful links:

[Your Covid recovery – managing fear and anxiety](#)

[MIND](#)

[British Lung Foundation – How can I manage my anxiety?](#)

[Change, Loss and Bereavement](#)

Helplines:

Mind - 0300 123 3393

The Samaritans - 116 123 (free) or email jo@samaritans.org.uk 24 hours

Shout Crisis Text Line - text 'Shout' to 85258

Re-think Mental Illness - Mon-Fri 10am – 2pm, 0300 5000 927

Continence

Urinary incontinence is a common problem affecting around 1 in 3 women and 1 in 5 men, therefore it is not something that anyone should 'just live with'. Continence is a sensitive subject that can make people feel embarrassed, but it is a treatable medical condition and there is always help available. BCHC provide a service delivered by specialist continence nurses, who deliver bladder and bowel clinics in community settings. Do not suffer in silence, for more information please click [here](#), or alternatively please email bchnt.continencereferrals@nhs.net.

Other useful links:

[National Association for Continence - resources](#)

Council Information

Please see links below for further advice and information from your local council and their key partners, as well as the latest official Government information relevant to local government.

[Birmingham Council](#)

[Dudley Council](#)

[Sandwell Council](#)

[Walsall Council](#)

[Wolverhampton Council](#)