

Long Covid: Your questions answered

What is long Covid?

Long Covid is a term used to describe the long-term effects of contracting Covid-19.

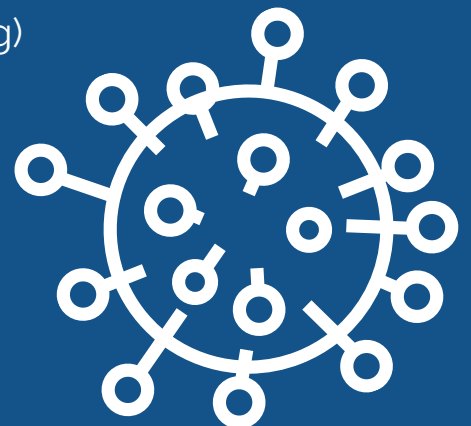
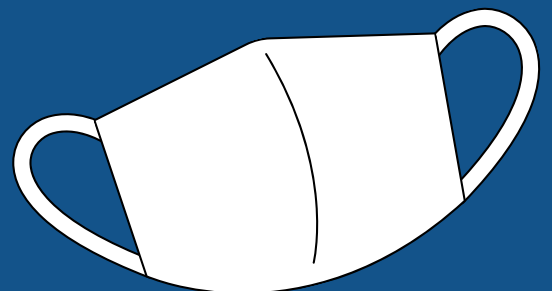
Some people who catch Covid-19 have symptoms that last weeks or months after their initial infection has gone.

Recovering from Covid-19 varies from person to person, and while many people feel better in a few days or weeks and often improve within 12 weeks, some have symptoms that last longer.

The chances of having long-term symptoms do not seem to be linked to how ill someone becomes when they first get Covid-19. Plus, people who have mild symptoms at first can still have long-term problems like long Covid.

Long Covid symptoms include:

- Extreme tiredness (fatigue)
- Shortness of breath
- Chest pain or tightness
- Problems with memory and concentration (brain fog)
- Insomnia
- Heart palpitations
- Dizziness
- Pins and needles
- Joint pain
- Depression and anxiety
- Tinnitus, earaches
- Feeling sick, diarrhoea, stomach aches and loss of appetite
- Rashes
- A high temperature, cough, headaches, sore throat, changes to sense of smell or taste



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Can the vaccine help?

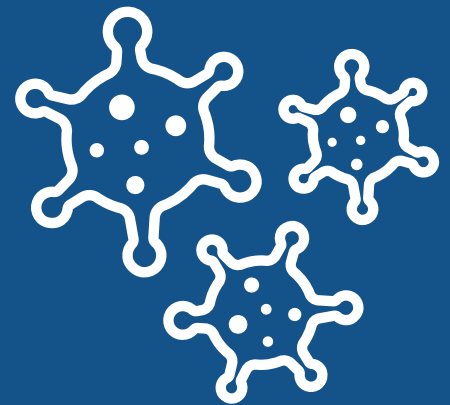
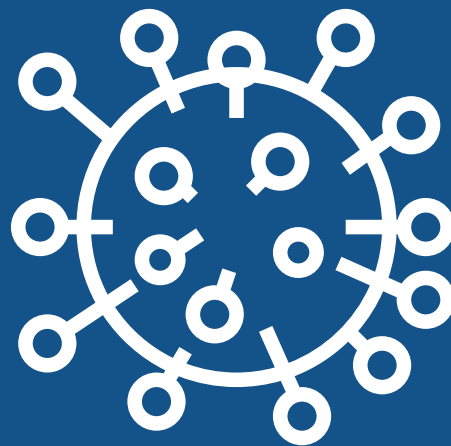
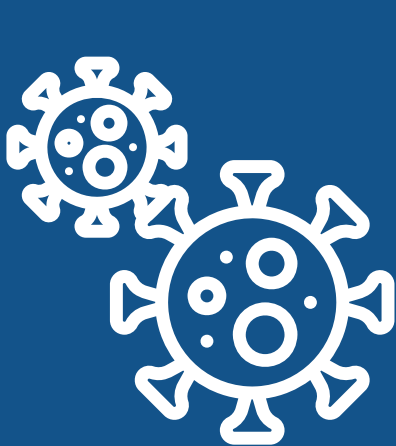
According to a [new study by King's College London](#), adults who have received a double vaccination are 49% less likely to have Long Covid if they contract a Covid-19 infection.

Experts have said that some people with long Covid reported an improvement in their symptoms after being vaccinated. This is possibly because it resets their immune response, or helps the body to attack any remaining fragments of the virus.

Vaccinations can also help prevent people from catching Covid-19 and developing long Covid altogether.

How will you know if you have long Covid?

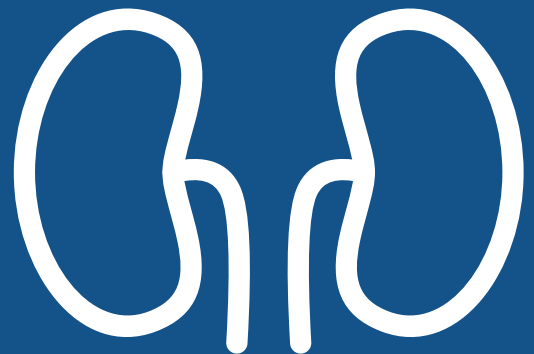
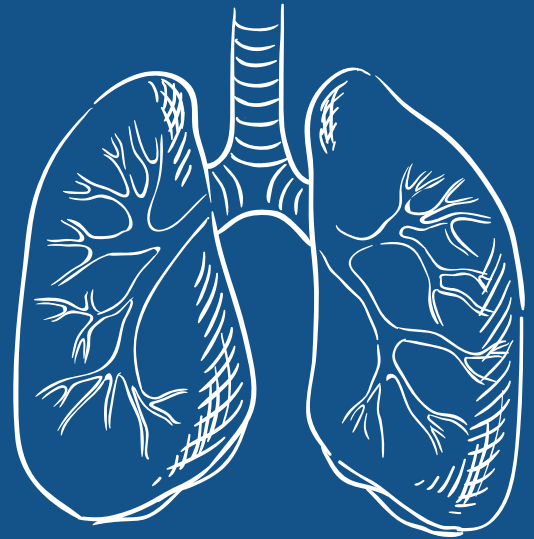
At present, there is no test to determine whether you have long Covid or not. Instead, it is currently based on diagnosis, with doctors first ruling out other possible causes. Tests for conditions like diabetes, thyroid function, and iron deficiency will be ruled out before a diagnosis for long Covid is given.



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What support is available for those with long Covid?

- If the symptoms are having a big impact on your life, you may be referred to a specialist rehabilitation service or a service that specialises in the specific symptoms you have. If you are worried about symptoms lasting four weeks or more after having Covid-19, contact your GP, as they can advise you about the care and support you might need.
- People suffering from long Covid symptoms can receive specialist help at clinics across England. Visit the [NHS website](https://www.nhs.uk) to find your nearest clinic.
- For support on recovering after contracting Covid-19 visit: www.yourcovidrecovery.nhs.uk



To keep up-to-date with the latest Covid-19 information, visit:

www.wokingham.gov.uk/covid-19