

SUPPORTING YOUR RECOVERY AFTER COVID-19

As you find yourself recovering from Covid-19, you may still be coming to terms with the impact the virus has had on both your body and mind. These changes should get better over time and some may take longer than others. The NHS has produced guidance on some things you can do at home to help yourself:

❖ **What is Covid-19? – Understanding Covid-19, your symptoms and experience of this illness**

- Background about Covid-19
- How Covid-19 can affect you?
- After a stay on an Intensive Care Unit

❖ **Your Wellbeing – Supporting your wellbeing during your recovery**

- Eating well
- Sleeping well
- Information for family, friends and carers
- Grief and bereavement

❖ **Your road to recovery – Information for your life beyond Covid-19**

- Coming home from hospital
- Managing daily activities
- Returning to work
- When do I need to seek help?
- What next?

❖ **Managing the effects**

- Breathlessness
- Fatigue
- Cough
- Managing your oxygen
- Taste and smell
- Voice and swallowing
- Musculoskeletal, shoulder and back pain
- Managing fear and anxiety
- Managing your mood and coping with frustration
- Memory and concentration

This link will take you to the website with all the information - <https://www.yourcovidrecovery.nhs.uk/>

