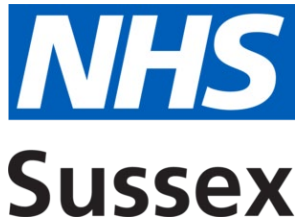


About our service for long COVID



Easy read booklet

Who we are and what this booklet is about



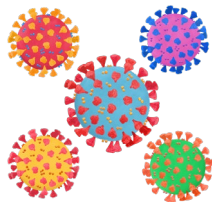
We are **NHS Sussex**. We have a service that gives you support if you have **long COVID**.



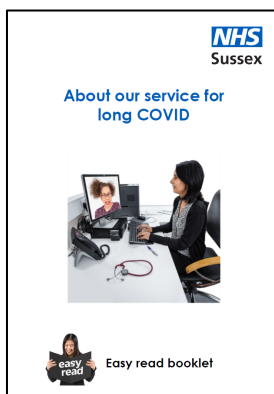
Long COVID is when you have **symptoms** of **COVID-19** for four weeks after you had COVID-19.



Symptoms are how you feel or look because you have a certain illness.



COVID 19 is a virus that affects people all over the world.



This booklet tells you about long COVID and our service.

About long COVID



After you have COVID-19 you should feel better after a couple of weeks.



You might have a few symptoms of COVID-19 for a bit longer, but most of them should go away.



If you still have symptoms of COVID-19 after 4 weeks, you might have long COVID.



If you have long COVID you might have new symptoms or feel worse than when you had COVID-19.

Symptoms of long COVID



If you have long COVID you might

- be very tired.



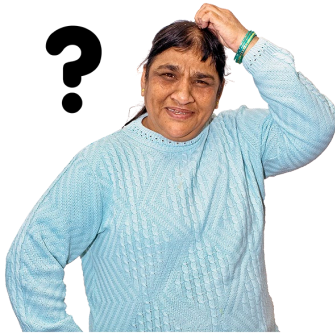
- have headaches.



- get out of breath very easily.



- have muscle and joint pains.



- feel confused or find it hard to focus.



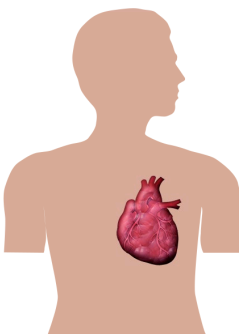
- not be able to smell or taste anything.



- find it hard to sleep.



- feel worried.



- have a fast heartbeat.

About our service



Our service gives care to people whose symptoms of long COVID affect them every day.



Our service is mostly online but you can talk to someone face-to-face when you need to.



Our service is run by physiotherapists, occupational therapists, nurses and other healthcare professionals.

How to get support



If you have symptoms of long COVID you should talk to your doctor.



You will not have to show them a positive COVID test.



Your doctor will make sure you don't have any other illness.



You can ask your doctor about our service. Your doctor will talk to us if they think our service is right for you.



If we agree that our service is right for you, we will contact you and give you information about how to cope with your symptoms.

Children and young people



If you have a child or young person who might have long COVID, you should talk to their doctor.



Your doctor will tell you about a different service for children and young people.

More information



Go to this website to find out more information about long COVID whilst you wait to hear from us

www.yourcovidrecovery.nhs.uk

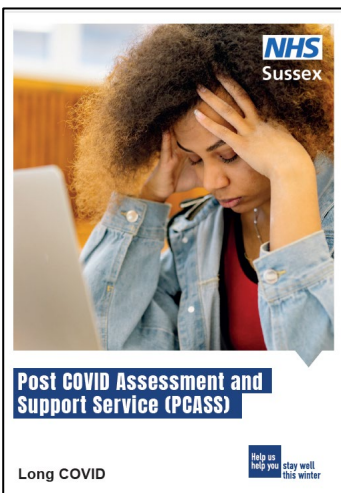


Go to this website to find out more about our service

bit.ly/longcovidsupport



Or use your phone and point the camera at this QR code.



NHS
Sussex

**Post COVID Assessment and
Support Service (PCASS)**

Long COVID

Help us
help you
stay well
this winter

The full version of this document is called
**Post COVID Assessment and Support
Service (PCASS)**