

# Long COVID?

## People like you are seeking help



**Speak  
Out!**



**Support  
available!**



**Seek  
Professional  
Help!**



### Common Long COVID symptoms:

- Fatigue
- Brain Fog
- Breathlessness
- Cough
- Headache
- Joint or muscle aches
- Palpitations
- Taste or smell changes
- Dizziness
- Mood changes

Coronavirus (COVID-19) can cause symptoms that can last weeks or months after the infection has gone.

This is known as Long COVID and it does not always go away.

Assessment and treatment services are available across the North West Region. If you are still not feeling right 4 weeks after COVID infection, it is important that you seek help if you feel you need it.

If you think you have Long COVID, need advice with managing symptoms or feel you would benefit from a referral to a North West Long COVID Clinic, please scan this QR code or visit the websites below.

