

# Have you got long COVID?

**NHS**

Staffordshire and  
Stoke-on-Trent  
Integrated Care Board

You may have long COVID if you've experienced any of the following symptoms for four weeks or more:



For a full list of symptoms visit  
[staffsstokeics.org.uk/longcovid](https://staffsstokeics.org.uk/longcovid)

Contact your GP today if you think you  
have long COVID.

**RECOGNISE.**  
**REACH OUT.**  
**RECOVER.**