

Long COVID:

recognise the signs,
reach out for support
and get the help you
need to recover



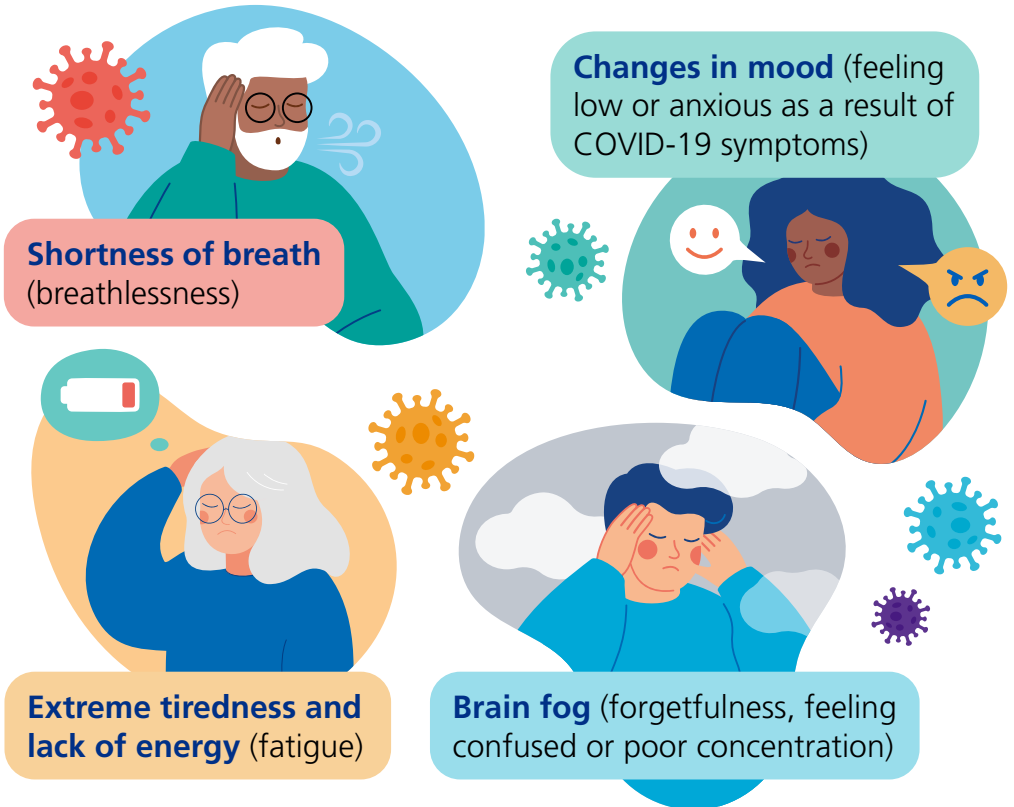
RECOGNISE. REACH OUT. RECOVER.

What is long COVID?

People who have COVID-19 normally recover within a few days or weeks. However, for some people symptoms can last longer. If symptoms persist, you may have 'long COVID'.

Recognise – long COVID symptoms

There are four main long COVID symptoms:



Some people may have other long COVID symptoms. For a full list of symptoms, visit the [NHS website](#).

Reach out – help and support with long COVID

If you have had any of the long COVID symptoms for four weeks or more, contact your GP who may suggest further tests or refer you to the [long COVID service](#).

The [long COVID service](#) is run by Midlands Partnership University NHS Foundation Trust (MPFT) and is available to people aged 18 or over who live in Staffordshire and Stoke-on-Trent. It brings together clinical specialists, including rehabilitation physiotherapists, occupational therapists, GPs, care coordinators and psychology support. They provide support for patients with long COVID through workshops, community exercise classes, peer support groups and signposting to other services.

What happens if I am referred to the long COVID service?

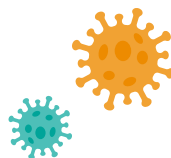
Referrals for adults who have had COVID-19 symptoms from 4 – 12 weeks

Following a referral from your GP, you will receive a call from a care coordinator to discuss your symptoms at 4, 8 and 12 weeks. During this time, the care coordinator can support you with self-management resources and provide advice/guidance from a clinician as needed.

Referrals for adults who have had COVID-19 symptoms for 12 weeks or longer

If you continue to have symptoms after 12 weeks, a clinician will contact you to complete an assessment and create a care plan for you. Further tests or a referral into other services may be required. Your referral will remain open for six months, allowing you to arrange a follow-up appointment if you need it.

Recover – recovering from long COVID



The following help and support groups are available in Staffordshire and Stoke-on-Trent for people with long COVID:

North Staffs Carers: call **01782 793100**

Staffordshire Together for Carers Service (for the rest of Staffordshire): call **03450 138 208**

Staffordshire and Stoke-on-Trent Talking Therapies: call **0300 303 0923**

Staffordshire Mental Health Helpline: call **07860 022821** or email staffordshire.helpline@brighterfutures.org.uk

Stoke-on-Trent support services: list of services and organisations offering support

Mental health support is available if you feel like you cannot cope with your symptoms.

If you live in Stoke-on-Trent, Newcastle-Under-Lyme or Staffordshire Moorlands and need urgent mental health support, call the **North Staffordshire helpline** any time on **0800 032 8728**.

If you live in Stafford, Stone, Rugeley, Cannock, South Staffordshire, Lichfield, Burton, Uttoxeter or Tamworth and need urgent mental health support, call the **South Staffordshire helpline** any time on **0808 196 3002**.

For more information about long COVID and to view resources to help you recover, please visit: staffsstokeics.org.uk/longcovid.