

Newsletter copy:

Are you feeling tired all the time? Do you have aches and pains? If this has been happening for more than 12 weeks since you had Covid-19, you could have [Long COVID](#).

The most common symptoms of Long COVID are:

- extreme tiredness (fatigue)
- feeling short of breath
- loss of smell
- muscle aches

However, there are lots of other symptoms you can have after a COVID-19 infection, including:

- problems with your memory and concentration ("brain fog")
- chest pain or tightness
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes

If you've had symptoms for more than 12 weeks go to your GP. They can carry out tests to rule out other illnesses and, if appropriate, refer you to the [Suffolk and North East Essex Long Covid Assessment Service \(SNELCAS\)](#).

Self-help tools are available at yourcovidrecovery.nhs.uk including help with breathing, fatigue, pain, mental health, tinnitus and more.

Long COVID can have an impact on lots of areas of your life including employment, benefits, finances and debt, housing, and relationships. SNELCAS can refer you to your [Local Citizens Advice](#) specialist Social Prescribers who can provide ongoing, targeted, personalised advice and support. This might include letter writing, form filling, advocacy, help accessing legal advice, grants and other welfare support, mediation and more. They can also refer patients to local activities including art, fitness and befriending groups.

You're not alone. We are here to help.