

**If you or your child have had new symptoms for a month or more and think you might have had Covid-19, support is available.**

After a Coronavirus infection, many people make a full recovery. For some, the illness can last longer. This is known as Long Covid.

You can have Long Covid after a mild or even symptom-free initial illness. Symptoms can affect any part of the body, can come and go, or new ones can appear weeks or months later.



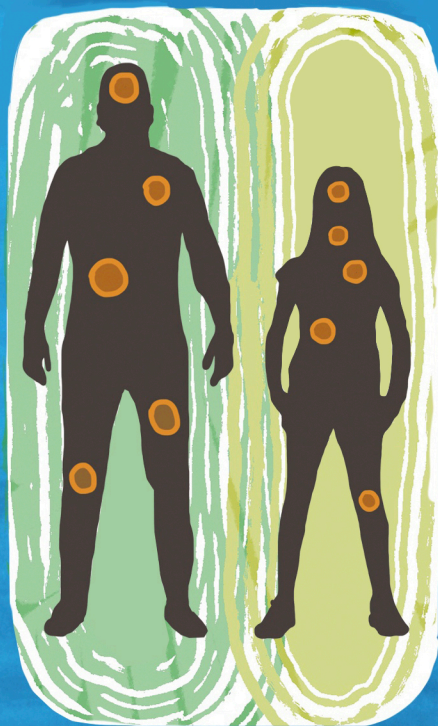
## Common Long Covid Symptoms



### ADULTS

- Extreme tiredness
- Shortness of breath
- Chest pain or tightness
- Memory or concentration problems
- Difficulty sleeping
- Fast heart rate or palpitations
- Joint or muscle pain
- Upset stomach or pain
- Changes to smell or taste
- Headaches or dizziness
- Anxiety or depression

Source: NHS



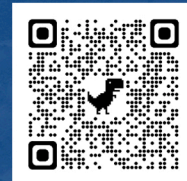
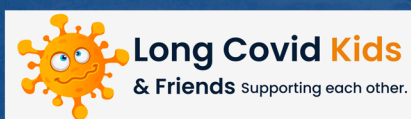
### CHILDREN

- Extreme tiredness
- Dizziness
- Rashes
- Brain fog
- Headaches
- Chest pain
- Stomach pain or upset
- Sore throat
- Mood changes
- Joint or muscle pain or swelling
- Sickness or nausea

Source:

Centers for Disease Control and Prevention

**For information and support visit  
[LongCovid.org](https://LongCovid.org) or [LongCovidKids.org](https://LongCovidKids.org)**



**Seek medical help if you are worried.**

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