



NHS

**Blackpool Teaching
Hospitals**
NHS Foundation Trust

Still having symptoms 12 weeks after a suspected Covid-19 infection?

“Extremely tired”

“Brain fog”

“Short of breath”

**“Changes in
smell and taste”**

**“Muscle pain or
weakness”**

“Ongoing cough”

“Poor sleep”

“Anxious”

“Low Mood”



Long Covid is a condition where symptoms can affect both your physical and emotional wellbeing. This can have a significant impact on your daily life.

Did you know there is a local specialist Long Covid Service who can support you with the management of these symptoms.

Please get in touch with your GP who can refer you to the service.

You do not need to have had a positive COVID test.