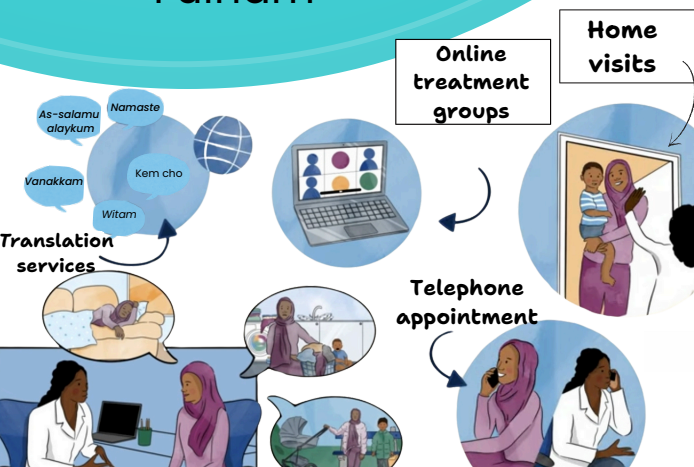


## Accessing the Service

Speak to your GP for a referral. To access this service, you must:

- Be over 18 years old
- Be registered with a GP in Westminster, Kensington & Chelsea, or Hammersmith & Fulham



## Our Approach

We provide a holistic, patient-centred service tailored to your needs, making day-to-day life easier.

## About Our Service

We offer rehabilitation support to help you manage Post-COVID symptoms and improve your quality of life.

Scan the QR code to learn more about our service



## What we Help with:

- Fatigue Management
- Breathlessness
- Brain Fog
- Dizziness, Vertigo, and Balance issues
- Emotional Wellbeing
- Vocational (Work) Rehabilitation

# TRIBOROUGH POST – COVID COMMUNITY SERVICE

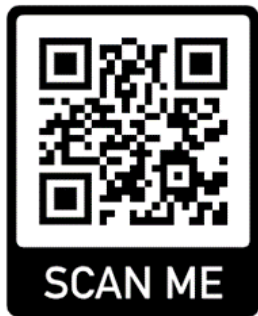
## Information Leaflet



**Your Health is Our  
Priority!**

## Understanding Long COVID

Most people recover from COVID-19 within a few weeks. However, some experience ongoing symptoms, known as 'Long COVID' or 'Post-COVID Syndrome'.



Scan the QR code to watch a video on Long Covid



## Symptoms of Long COVID

Symptoms vary between individuals and may affect different parts of the body. Symptoms can come and go, impacting everyday life.

### **Common Symptoms include:**

Shortness of breath

Anxiety or Depression

Joint or muscle pain/weakness

Dizziness

Fatigue or tiredness

Unable to concentrate, forgetfulness

## Will I get Better?

Recovery times vary.

Many patients report gradual improvement, but ongoing research aims to better understand the causes, treatments, and recovery process.

### ROAD TO RECOVERY



What people think it looks like



What it actually looks like