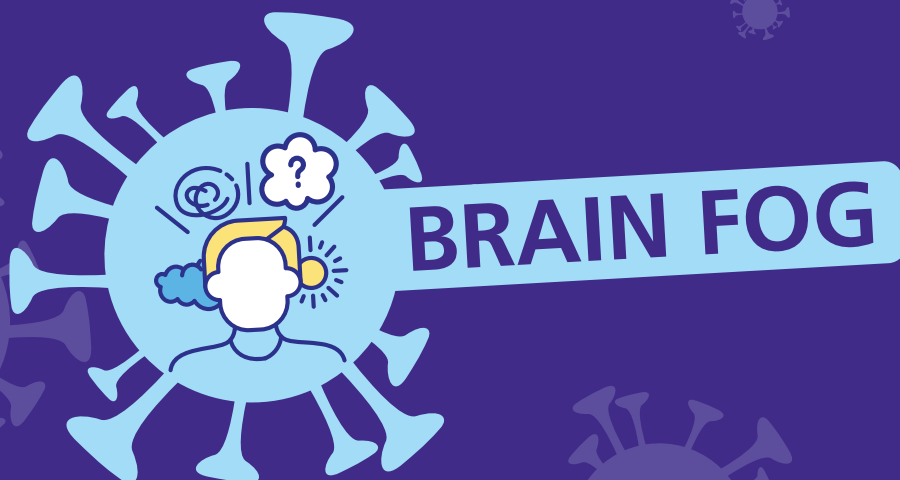
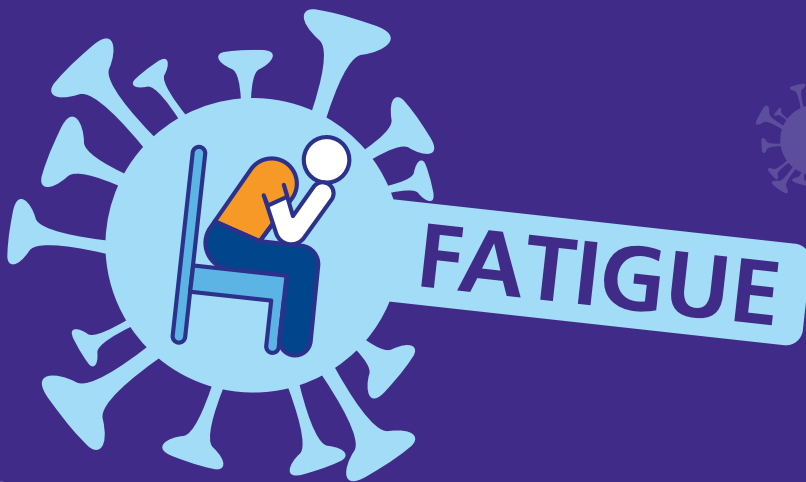


HAVE YOU GOT LONG COVID?

If you are suffering the effects or symptoms of Long COVID, seek advice from your GP. They may refer you onto the **Post-COVID Service** who can assess and put things in place to help you to start to feel yourself again.



If you continue to feel unwell **12 weeks after** getting COVID-19 you may have **Long COVID**.

Symptoms can vary and change over time.