

**Patient, Carer and Public Involvement in COVID Recovery****Long COVID**

Most people feel better within a few days or weeks after getting COVID. However, some people can take much longer to feel well again.



They can still have symptoms or the signs of COVID months later. This is called Long COVID.



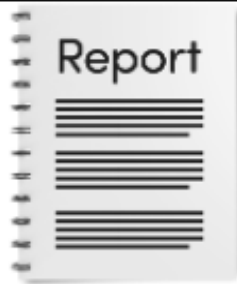
Lots of people have been found to have Long COVID. There may be many more who have it but have not been diagnosed.



The way people with Long COVID feel can change over time and people can have lots of different symptoms.



Health services need to see that each person with Long COVID may be affected differently and not just treat each person the same way.



We have some recommendations for treating people with Long COVID better.



1. The way we care for people with Long COVID needs to be based on what each person needs. People are affected differently by Long COVID.



2. There are clinics just for Long COVID. They need to be set up locally. They need to be part of the local community.



3. We need to make sure that care for Long COVID is fair. That everyone can get this care when they need it.



4. We are still learning about Long COVID and those that work in health need to be open-minded about people's experiences so they can make the service better for people.



5. When people with Long Covid meet health professionals in online meetings the health professionals need to have their cameras on.

### Recommendations for Primary Care services



Primary care services are services like your local GP, community pharmacy or dentist.



They are usually the first place you would go if you had an issue with your health.



6. If someone shows signs of Long COVID assume that it is Long COVID until you are proved wrong.



7. Have social prescribing for people with Long Covid and get funding so it can be done.



Social prescribing is where people like your GP refer you to other services that are not medical. For example, if you are feeling depressed they may send you to an activity group instead of giving you tablets.



8. Provide Long COVID Care Navigators. Care Navigators will help you to find the help and support you need if you have Long COVID.



9. Set up local peer support systems. This would be people who have or have had Long COVID supporting each other to cope.

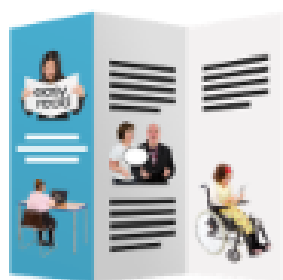


10. Refer people to talking therapies and life coaches



Talking therapies is where you talk to a professional about your thoughts and feelings. A life coach helps you to improve your relationships, career and you day-to-day life.

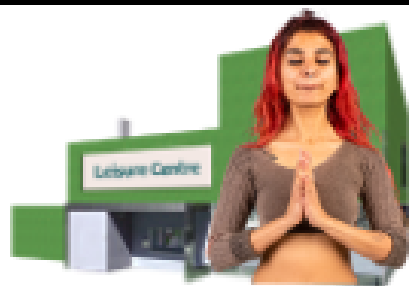
## Recommendations for NHS services



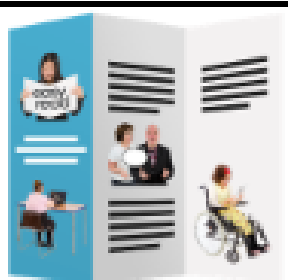
11. Make an information service about Long COVID and make sure information is out there for people.



12. Make sure professionals, employers and society as a whole understand what Long COVID is and how to help.



13. Make new activities available to support people with Long COVID and make sure that activity providers (like sports and yoga) understand how to support people with Long COVID.



14. Make sure that the ways to get support for Long COVID are clear and easy to use.



15. Give support to Long COVID Champions. These people could help local communities to find ways to help.