**What is long COVID?**

Most people's symptoms of coronavirus get better within 4 weeks. But for some people, symptoms can last longer, or new ones can develop. This has been referred to as long COVID. Symptoms can also change over time and can affect anywhere in the body

Contact your GP practice if:

* you’re worried about your symptoms
* your symptoms are getting worse.

**Common symptoms**

There are symptoms you should look out for. They include fatigue, breathlessness, muscle and joint pain, difficulty concentrating or loss of taste or smell

**Further information and support**

If you’re worried about your symptoms, don’t struggle alone. Find out more about recovery from long COVID at:

NHS inform – nhsinform.scot/long-covid

NHS inform helpline - 0800 22 44 88

Chest Heart and Stroke Scotland – Available through NHS Inform

SIGN Long COVID Patient Booklet - [Long COVID (sign.ac.uk)](https://www.sign.ac.uk/patient-and-public-involvement/patient-publications/long-covid/)