

# Recovering from COVID-19

NHS

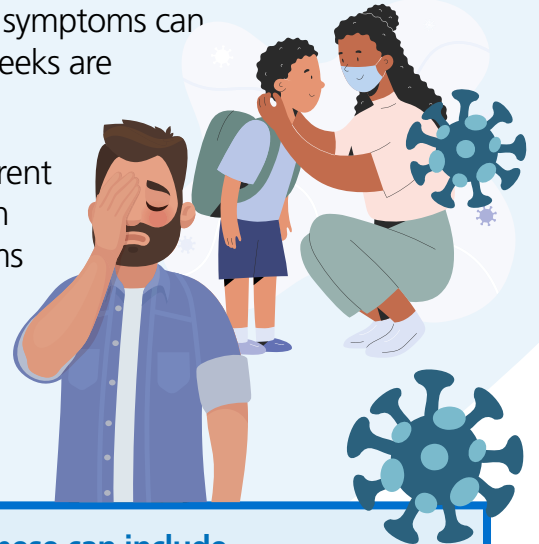
England

## For people with ongoing symptoms after COVID-19 infection

**Most people feel better from COVID-19 infection within a few days or weeks of their first symptoms.** Others have symptoms lasting longer but make a full recovery within 12 weeks. For some people, including children, symptoms can last longer than this. Symptoms lasting more than 4 weeks are described as “Long COVID”.

Symptoms may affect people in different ways at different times. For some people, new symptoms develop which they did not have during their acute illness or symptoms may return after a period of feeling better.

The chance of experiencing ongoing symptoms is not thought to be linked to how sick someone was when they first got COVID-19.



**A wide range of symptoms have been reported. These can include (but are not limited to):**

- Extreme tiredness
- Shortness of breath
- Muscle ache/joint ache
- Difficulty concentrating/memory loss/confusion

- Loss of smell or taste
- Headache
- Trouble sleeping
- Worry/anxiety
- Fast heart rate



Further information and advice can also be found at: **Your Covid recovery**  
[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)



## When should I contact my GP practice?

**Contact your GP surgery if you are experiencing:**

- New or worsening symptoms following COVID-19 infection, especially if you are concerned about symptoms that have been present for 4 weeks or longer as you would for any other health issue.
- Any symptoms that are affecting your ability to carry out normal daily activities.

**You do not need to have had a positive COVID-19 test result to get help.** A member of the GP team will assess you and help to provide support that is best for you in the first instance.

- **For help from a member of the GP team** – use your GP surgery’s website, an online service or app, or call the surgery.
- **For urgent medical help** – use the NHS 111 online service, or call 111 if you’re unable to get help online.
- **For life-threatening emergencies** – call 999 for an ambulance.