

# Post COVID Syndrome (Long COVID)

Information for clinicians and practitioners - ABUHB 24/02/2021

## What resources are available to support people who have longer term post-COVID 19 symptoms?

1. [Chartered Society of Physiotherapy; Recovery from COVID-19](#)  
(includes advice on managing breathlessness)
2. Access to information on symptoms and how to support your own recovery from COVID-19: [www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)
3. Specific strategies to help people managing post COVID-19 fatigue:  
[www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy](http://www.rcot.co.uk/recovering-covid-19-post-viral-fatigue-and-conserving-energy)
4. 'COVID recovery'- all Wales Covid recovery app which includes more than 100 videos and links to advice, app users will be able to record their symptoms, track their progress and learn to manage their condition at home with support. It includes advice from therapists, psychologists, dietitians and consultants:  
[www.gov.wales/recovery-app-launched-wales-help-support-people-long-covid](http://www.gov.wales/recovery-app-launched-wales-help-support-people-long-covid)
5. Support with the emotional and psychological aspects of COVID recovery  
<https://www.melo.cymru/> **MENTAL HEALTH SUPPORT**
6. Returning to work after post COVID:  
[www.som.org.uk/return-to-work/](http://www.som.org.uk/return-to-work/)
7. Diet and nutrition – following COVID, patients may have experienced a loss or change in smell or taste (anosmia) and there may be a weight loss due to poor appetite. Some patients may be overweight or obese and may be motivated to move towards a healthy weight.

## Food Provision, Health & Nutrition in the current COVID-19 Pandemic:

The attached summary provides useful information for patients who are shielding and those nutritionally at risk

Overall advice on diet and COVID from the Association of UK Dietitians can be found here: [www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html](http://www.bda.uk.com/resource/covid-19-corona-virus-advice-for-the-general-public.html)

Refer to the community dietitian to provide information about the weight management service in Gwent.