



Long COVID Resources

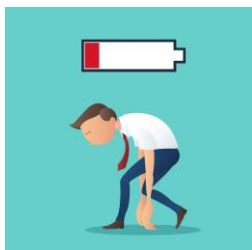
If you have Long COVID, there are resources available to help you manage your symptoms and advice on help available

Chest
Heart &
Stroke
Scotland



Chest Heart Stroke Scotland

You can access information and support on Long COVID by clicking on the following link: [Long Covid - Chest Heart & Stroke Scotland \(chss.org.uk\)](https://chss.org.uk)



Managing Fatigue

Video 1: <https://youtu.be/ClpXGB-8DWI> - An introduction to the CRESTA team and fatigue

Video 2: <https://youtu.be/hlGYdjczI7M> - Managing your energy and daily activity

Video 3: <https://youtu.be/nlcOVUqQMfI> - Looking after yourself during your recovery

Video 4: <https://youtu.be/HNFfrVUpdK0> - Activity and fatigue

Video 5: <https://youtu.be/6FueYwVeI3w> - Question & Answer session on common issues for COVID-19 recovery

Royal College of OT advice on fatigue: <https://www.rcot.co.uk/conserving-energy>



Physio Advice

<https://www.physiosforme.com/covid-19>

Other useful links

ME advice on Long COVID: <https://meassociation.org.uk/>

Facebook support group: <https://www.facebook.com/groups/277300970313360>

Online support group: <https://www.c19recoveryawareness.com/>

Pacing advice: <https://www.jenniejacques.com/post/purely-pacing>

Return to work advice: som.org.uk

Your COVID recovery: www.yourcovidrecovery.nhs.uk