

# Have you had COVID-19?

Are you still feeling  
unwell more than  
4 weeks later?



University Hospitals  
of Leicester  
NHS Trust

Do you have more than one of the following  
post COVID symptoms?

 Headaches

 Dizziness

 Joint pain

 Brain fog

 Fatigue

 Cough

 Anxiety

 Chest pain

 Breathlessness

 Palpitations

 Low mood

 Sleep disturbance

 Pins & needles

 Altered smell  
& taste

**Please contact your GP who can assess and refer  
you to the Long COVID service if appropriate.**

The Long COVID service is available to adults and children  
over the age of 16 suffering post COVID symptoms for longer  
than 4 weeks.

For information about symptom management visit  
[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)