Long COVID is used to describe signs and symptoms that last for longer than four weeks after getting COVID-19. It can affect your whole body, and your symptoms can change and come and go over time. This infographic shows the most common signs and symptoms of Long COVID.

- **Long COVID symptoms**
  - **Depression and anxiety**
  - **Dizziness**
  - **Headaches**
  - **Difficulty sleeping (insomnia)**
  - **Tinnitus, earaches**
  - **Cough, sore throat**
  - **Breathlessness**
  - **Chest pain**
  - **Fatigue**
  - **Rashes**
  - **Joint pain**
  - **Pins and needles**
  - **Changes to sense of smell or taste**
  - **Problems with memory and concentration (“brain fog”)**
  - **Feeling sick, diarrhoea, stomach aches, loss of appetite**

Please click links below for further information available on our website.

- Managing breathlessness
- Managing a cough
- Managing your energy