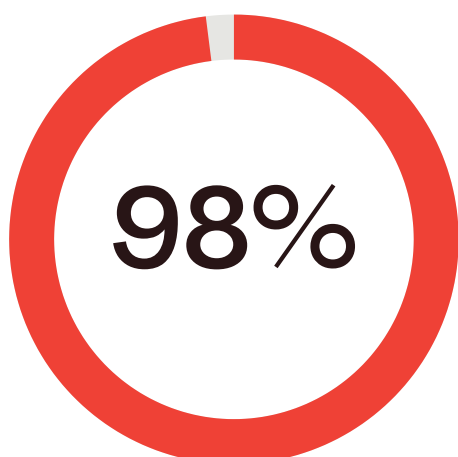


LONG-COVID

IDENTIFYING NEEDS



Long-Covid often displays a combination of symptoms

Most people (98%) are trying to cope with a combination of symptoms such as extreme tiredness, problems with memory and concentration, shortness of breath and joint pain.

This requires a holistic approach to support and information for people with Long-Covid.

Clear information is needed

Overall, 62% of people sought information on Long-Covid **online**, through **professionals** or both. But the available information is limited.

Centralised, easy accessible information is needed on: how to cope with Long-covid, the causes and symptoms and how to treat or ease symptoms.

Coping with Long-Covid

Causes & Symptoms

Symptom management

Both professionals and peers are important



People relied on professionals to be referred to specialised services, but mainly to be 'heard' and be taken seriously.

Access to peer support helped patients address gaps in information, improved feelings of loneliness and was felt generally beneficial to their wellbeing.

WAYS IN WHICH PEOPLE WITH LONG-COVID COULD BE SUPPORTED

Pacing activities

A balance between daily activities and rest is needed.

Support could entail:

- Guidance on pacing activities
- Building in rest
- Home education or adjusted work schedule
- Information on sleep hygiene
- Usage of activity diaries

Tailoring exercise

Physical activity should be tailored to the individual, bearing in mind their symptoms.

Support could entail:

- Gentle muscle building exercises
- Exercises to help regain strength
- Physical activity for low energy
- Walking
- Singing
- Yoga and Tai Chi
- Stretching
- Physiotherapy

Improving symptoms

People need information on how they can manage and relieve the different symptoms.

Support could entail:

- Breathing techniques
- Breathing exercises
- Information on tinnitus
- Relaxation techniques
- Sleep hygiene
- Meditation
- Diet and nutrition advice

For more information, please contact us

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