

Cough



Can't smell



Ringing in ears



Sore throat



Can't taste



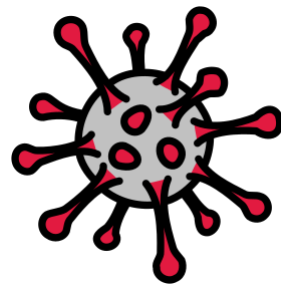
Can't breathe



Earache



Headache



Long Covid Symptoms



Tired



Skin rash



Pins and needles



Joint pain




diarrhoea



Dizzy



Not eating



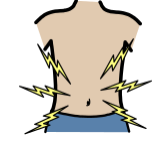
I don't understand



Yes



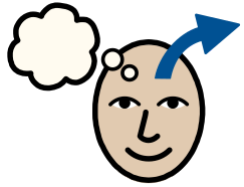
No



Stomach ache



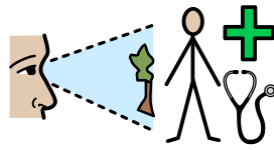
Feel sick



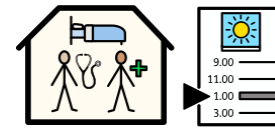
Memory



Concentration



See doctor



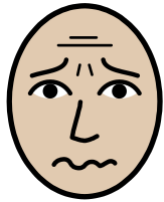
Hospital
appointment



physiotherapist



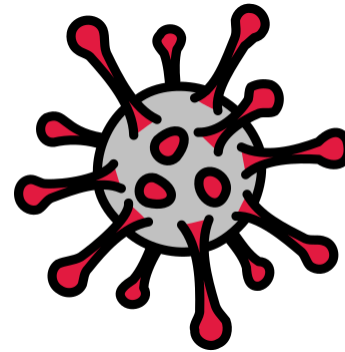
exercises



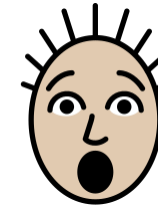
Worried



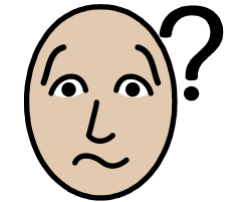
Sad



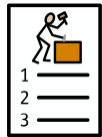
Long Covid
Recovery Plan



scared



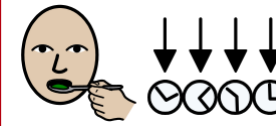
confused



Make a
plan



talk



Regular
small meals



Drink lots
of water



Call friends



Keep in touch
with family



Activities
you can do



Relax



Take
Medication



sleep