


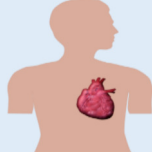






Long COVID Services in Waltham Forest

Still having symptoms 12 weeks after a suspected Covid-19 infection?

	It is difficult to breathe, shortness of breath		Problems with sleeping and feeling very tired
	Low mood and anxious		Your heart beats faster
	Body aches and pain		Changes in taste and smell
	Pins and needles		Problems with memory and concentration

How to get help with Long COVID

Do you have any of these symptoms or different symptoms which are not caused by other medical conditions?

Do you think these symptoms are related to COVID infection?

If you have answered 'yes' to these questions, you can refer yourself to the Long Covid Service which provides support and advice on managing symptoms.

Following your initial contact with the Long Covid service, they may need to request further testing/investigations from your GP to rule out other conditions that may be causing your symptoms.

Please call 0300 300 1710 and ask to self-refer to the Long Covid Service. Your details will be recorded, and a member of the team will contact you.

