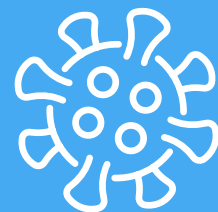


YOUR COVID-19 RECOVERY ACTION PLAN



Remember MEDS.

The long-term effects of Covid-19 are not yet fully understood. For some people, Covid-19 symptoms can last for weeks or months after the infection has gone. This is sometimes referred to as “Long-Covid”.

Below, we outline some helpful suggestions that may help your recovery.
For More information, visit www.yourcovidrecovery.nhs.uk



Mental health

- › **Talk to a Friend, Relative** or your **Doctor** if you are struggling
- › Self-help activities e.g. **Mindful Meditation, Journalling or Yoga**
- › **Relaxation Techniques** e.g. **Reading**, Listening to **Calming Music** or going for **Walks**
- › Keep a **Routine** and **Set Achievable Goals** as you recover
- › Keep **Physically Active** for your Mental Health



Exercise

- › **Aerobic exercises** e.g. **Marching on the spot; Regular Walks**
- › **Flexibility exercises** e.g. **Stretching, Yoga or Tai-Chi**
- › **Strength exercises** e.g. **Climbing stairs, Lifting weights** or using **Resistance bands**
- › **Breathing exercises** e.g. **Nose-breathing** or **Rectangular breathing** (see website above for more information)



Diet

- › **Eating Little and Often** can help with a low appetite
- › Keep **Well Hydrated** drinking plenty of **Fluids**
- › Consider a **High-Protein diet** to aid recovery.
- › Consider a **Vitamin D 1000 Units daily** for adults especially if not spending time outside.
- › **Loss of Taste or Smell?** consider adding **Foods with Strong Flavours** e.g. **Oranges, Lemons or Limes**



Sleep

- › **Fatigue** is common after serious illness
- › **Sleep Hygiene** is important
- › Keep **Physically Active** during the day, to help your **Sleep at Night**



It is very **IMPORTANT** that you seek **URGENT** medical attention if you experience any of the following:

- › **Sudden severe breathlessness where you have difficulty finishing your sentences at rest**
- › **Sudden severe chest pain**
- › **Fainting or collapsing**
- › **Severe Mental Health problems where you feel unsafe or at risk of harming yourself or suicide**

YOUR COVID-19 RECOVERY ACTION PLAN



The long-term effects of Covid-19 are not yet fully understood.

For some people, Covid-19 symptoms can last for weeks or months after the infection has gone. This is sometimes referred to as “long Covid”.

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BREATHLESSNESS



- › **Pace:** Try not to do things too quickly
- › **Plan:** Plan ahead for what you need to do in the day
- › **Prioritise:** Aim to complete your essential activities
- › **Breathing techniques: ‘Rectangular-breathing’;** Follow the sides of a rectangle with your eyes as you breathe. Breathe in along the short side, and breathe out along the long side. Repeat this process for a few minutes

FATIGUE



- › **Fatigue** is **Common** and can last several months after a serious illness
- › Recognise that **Fatigue is Real** and be kind to your body while it recovers
- › **Sleep Hygiene** is important for improving Energy.
- › **Eat well** and **Keep Hydrated** while your body recovers (see overleaf)
- › **‘Keeping Active’** will improve your Energy levels (see keeping active)

KEEPING ACTIVE



- › **Keeping Active** is **Essential** to improving **Breathing, Fatigue** and **Mental Health**
- › **Start slow** and build-up activity over time. Expect good and bad days
- › **Keep it simple:** Stand up every hour, March on the spot, Going for Regular walks etc
- › It is Okay to **Stop and take a Rest**
- › See Overleaf for **Exercise** examples

COUGH



- › A **Cough** can be the last symptom to go after a chest infection
- › ‘Mouth-breathing’ can often trigger a coughing episode
- › Gentle **‘nose-breathing’ exercises** can reduce your cough: Take a slow-deep breath in through your nose and hold it for the count of 3 (if you can) and let it go gently from your mouth. Repeat 3-4 times

MENTAL HEALTH



- › The Covid-19 pandemic has been a challenging and difficult time for Everyone
- › **Talk to a Friend, Relative** or your **Doctor** if you are struggling
- › Self-help activities e.g. **Mindful Meditation, Journalling** or **Yoga**
- › **Relaxation Techniques** e.g. **Reading, Listening to Calming Music** or going for **Walks**
- › Keep a **Routine** and **Set Achievable Goals** as you recover
- › Keep **Physically Active** for your Mental Health

TASTE & SMELL



- › Maintain **Good Oral Hygiene:** Brushing teeth twice daily.
- › **Avoid alcohol-based mouthwash** as these can leave a bitter taste
- › **Loss of Taste or Smell?** Consider adding **Foods with Strong Flavours** e.g. **Oranges, Lemons** or **Limes**
- › **Bitter taste?** Consider **low-salt** options or short-term use of **sweetener** or **honey**



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