



What can Long Covid feel like?

Shortness of Breath

'...lower ribcage has a tight band round so I can't inflate my lungs'



Loss of taste or smell



Gastric issues, bloated stomach and nausea

'I have episodes anything from a few weeks to a couple of months apart with the same - onset whilst eating or immediately on finishing - severe lower abdominal pain, cramp & diarrhoea for 24hrs to a week.'

Joint Pain

'my body feels as though my joints have been smashed with a sledge hammer'



Headaches

'The brain fog is often preceded by a vice that connects to my skull and begins to squeeze.'



Reflection of impact of symptoms on life:

'I feel like I'm trapped in a body that I don't recognise. I used to run 5k 3-4 times per week, was very sociable and a high achiever at work.'



Palpitations

'...like my heart is hitting ribcage and is going to jump out of my chest'



Brain Fog

'My head feels as if it is full of cotton wool. I'm unable to read effectively, miss word order & forget what I'm saying'



Tinnitus



Body Buzz

Buzzy or restless legs feels like they are constantly 'on' and tense, with a tingling sensation



Fatigue

'it encompasses my entire being, it floods in uncontrollably like a weight on my body. Leaving me unable to move...'



'While the level of fatigue can vary in intensity, it never gives you a break. You always start the day like a phone with a partly charged battery, and have to plan the day's activities accordingly'



Insomnia

'its like I have an electric charge making it impossible for any part of me to relax'



it's more like a brick wall in my brain cutting off half of what's in there... just trying to access it is like taking a hammer to it; completely useless, painful, emotional, exhausting, and stressful



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