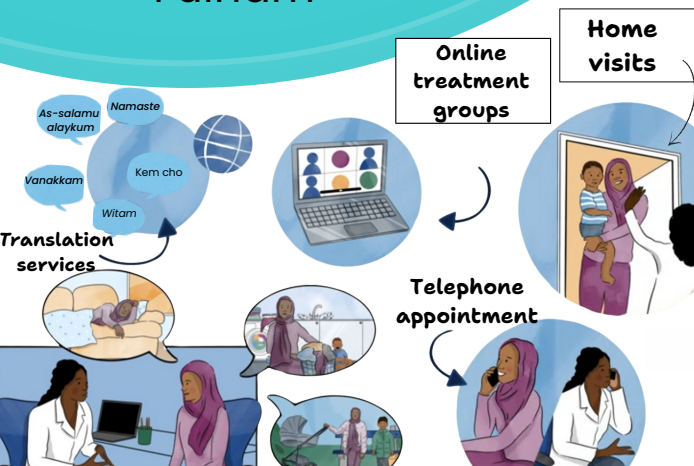


Accessing the Service

Speak to your GP for a referral. To access this service, you must:

- Be over 18 years old
- Be registered with a GP in Westminster, Kensington & Chelsea, or Hammersmith & Fulham



Our Approach

We provide a holistic, patient-centred service tailored to your needs, making day-to-day life easier.

About Our Service

We offer rehabilitation support to help you manage Post-COVID symptoms and improve your quality of life.

Scan the QR code to learn more about our service



What we Help with:

- Fatigue Management
- Breathlessness
- Brain Fog
- Dizziness, Vertigo, and Balance issues
- Emotional Wellbeing
- Vocational (Work) Rehabilitation

TRIBOROUGH POST - COVID COMMUNITY SERVICE

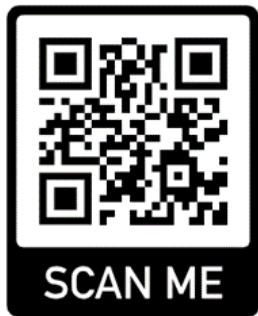
Information Leaflet



**Your Health is Our
Priority!**

Understanding Long COVID

Most people recover from COVID-19 within a few weeks. However, some experience ongoing symptoms, known as 'Long COVID' or 'Post-COVID Syndrome'.



Scan the QR code to watch a video on Long Covid

Symptoms of Long COVID

Symptoms vary between individuals and may affect different parts of the body. Symptoms can come and go, impacting everyday life.

Common Symptoms include:



Will I get Better?

Recovery times vary.

Many patients report gradual improvement, but ongoing research aims to better understand the causes, treatments, and recovery process.

