

Signs and symptoms of long COVID

There are many different signs and symptoms of long COVID. Your symptoms may change over time. The most common symptoms include:



Breathing

- being out of breath
- cough



Heart and circulation

- chest tightness
- chest pain
- heartbeats that can become noticeable. This is called palpitations



Brain

- not being able to concentrate or remember things
- headache
- broken sleep
- pins and needles, and numbness
- dizziness
- sudden confusion, particularly in older people





Digestive system

- sore tummy
- feeling sick
- diarrhoea
- loss of appetite especially in older people



Joints and muscles

- joint pain
- muscle pain



Mental health

- symptoms of depression like low mood, poor sleep, lack of concentration and feeling helpless
- feeling very worried all the time



Ear, nose and throat symptoms

- loss of taste and/or smell
- ringing in the ears called tinnitus
- earache
- sore throat
- dizziness



Skin

- skin rashes



Other general symptoms can include feeling very tired, fever and pain.

Managing your symptoms



Contact your GP practice if:

- you are worried about your symptoms
- your symptoms are getting worse

The team at your GP practice can provide advice about assessing your symptoms.

Support available



Chest Heart & Stroke Scotland's Advice Line. Nurses give advice, support and information to help people living with long COVID, or their family members.



To contact:

- phone 0808 801 0899 (free from landlines and mobiles)
- text NURSE to 66777