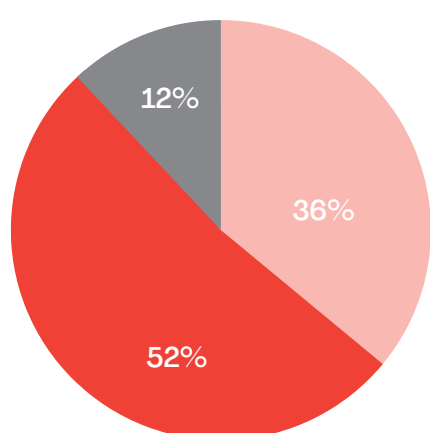


LONG-COVID

SPRING 2023



Long-Covid often displays a combination of symptoms

Over half of people experience a combination of symptoms such as extreme tiredness, problems with memory and concentration, shortness of breath and joint pain.

■ Up to 6 Symptoms ■ Between 7-12 Symptoms ■ More than 13 Symptoms

Increased awareness and timely support is needed

Knowledge and awareness among professionals and patients alone is not enough. Ongoing support and follow-up can help patients cope with the effects of LC.

Recovery is often a long process, requiring understanding and awareness among the general public as well as employers. The effects of LC are often felt beyond the period of a phased return.

Work Schedule

- Regular breaks
- Adjusted hours
- Adjusted duties
- Individual needs

Work Environment

- Quiet working space
- Flexible/hybrid working
- Individual needs

Organisation

- Occupational health
- Staffing ratios
- Guidance for managers

Activities that support recovery

Nearly 65% of people had been unable to access activities to aid recovery. Among those that accessed activities, mindfulness and physical activity were most common. People suggested a variety of activities that could benefit their recovery, including:

- Meditation and breathing techniques
- Gentle exercises (e.g., walking)
- Sleep hygiene
- Brain activities and games
- Groups sessions with other LC sufferers
- Positive thinking
- Cold water swimming
- Peer support groups



For more information, please contact us

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