

Long COVID Support

The road to recovery

It can be frustrating and confusing to experience ongoing symptoms, weeks after catching the COVID-19 virus. If you've been referred for support with long COVID don't feel lost or alone. We can help.

Now you can get support for long COVID with your PHC membership if you're 18 or over.

What's long COVID?

Although there are some common symptoms, long COVID can affect different people in different ways. You may experience some or all of the following:

- fatigue
- muscle and body aches
- shortness of breath or difficulty breathing
- loss or change to sense of smell or taste
- sharp or sudden chest pain
- confusion
- depression and/or post traumatic stress disorder
- cognitive impairment.

1 in 5

people who have had COVID-19 have symptoms that last five weeks or longer.

1 in 10

still have symptoms 12 or more weeks afterwards.¹

¹ The prevalence of long COVID and COVID-19 complications - [Office for National Statistics](#)

What should I do if I'm feeling unwell?

The first thing you should do is talk to a GP. They can check whether your symptoms are related to COVID-19 and rule out any other underlying conditions.

If you're suffering from long COVID, we've got the care you need

Long COVID affects everyone differently, and we know that a one-size-fits-all approach won't work. We'll support you on your road to recovery whether that's physiotherapy or referral to a specialist consultant, or access to a 12-week rehabilitation programme.

1. Call the PHC claims line on **0800 068 7111** or email **claims@thephc.co.uk**, if you have a referral for long COVID support by a GP, AXA occupational health practitioner or specialist.
2. If you've been referred to see a specialist, we can book you an appointment, at a time and a place that suits you best.
3. If you have been referred for physiotherapy,² we can help set up a face-to-face or remote video appointment with a physiotherapist at a time that suits you. And if your physiotherapist believes you would benefit from further support, they can refer you on to a 12-week rehabilitation programme.

² Face-to-face physiotherapy will affect your outpatient limit and/or excess, however the rehabilitation programme does not.

Rehabilitation Programme

The rehabilitation programme gives you access to as much support as possible from home, even fitting around your working day, if needed.

It includes weekly one-to-one calls with a specially trained rehabilitation physiotherapist, online group support and plenty of tailored resources because everyone experiences long COVID differently.