



Affected by COVID-19?



Effects you may be experiencing include

- Shortness of breath or an ongoing cough
- Being less able to move around or exercise
- Having difficulty with speaking loud enough, choking or struggling to swallow food or drink
- Ongoing tiredness
- You may be having difficulties being able to get back to your normal job, hobbies and/or daily life
- You may have difficulty remembering things and feel as though your brain is foggy
- You may be anxious, feeling depressed or down
- You may have ongoing poor appetite and/or weight loss



D&G Allied Health Professionals have created an online booklet available to help you manage the effects of COVID-19 and is available from the following routes:

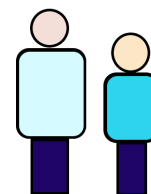


Clicking this link
to

<https://www.nhsdg.co.uk/covid-19/affected-by-covid-19/>



By scanning this QR code



By speaking to your Health Care Professional who may be able to print a copy for you

If you have followed this information and still you are not improving in one or more of the factors above, please get in touch with us via the Single Access Point on 030 33 33 3001 to seek further advice and support. However, if your condition is worsening or you require urgent medical advice then please contact your GP, NHS 24 or if it's an emergency, call 999.



**D&G Single Access Point
030 33 33 3001**

Monday to Friday 9am – 5pm
(Out with these hours please call NHS 24 on 111)