

Wythenshawe Hospital

Information for Patients

Information and Advice for Patients
Following COVID – 19 (coronavirus)

Information

Corona virus can affect people very differently. Whilst some have very mild symptoms, others become severely unwell and require admission to hospital, and sometimes treatment in intensive care. We are also learning that there is a difference in the way individuals recover from the virus. This information is provided to try to reassure you and advise you how to recover from the virus.

Please use the web sites at the bottom of this leaflet which will sign post you to more detailed advice and support.

Many people will make a full recovery, although this may take weeks to a few months. We expect some people will have ongoing symptoms of cough, breathlessness, poor or reduced sleep, fatigue, anxiety and low mood.

If you became critically ill with COVID you may also feel very anxious about your health and look out for signs of getting ill again. It is important to be patient with yourself and not expect to get completely back to normal straight away. Most people's recovery from critical illness takes several weeks or months. It is normal for recovery to be gradual, so you may need to pace yourself as you try to return to your daily activities.

It is not unusual to experience the following symptoms;

- You struggle to breathe when you're resting or when you're active
- You can't do the things you could do before you got ill
- You're very tired (fatigued) and low on energy
- You lose your appetite and lose weight and you lose your sense of taste or smell
- You have problems sleeping

You may notice that you are forgetful, aren't able to think clearly or you may struggle with everyday things that involve organising, planning and thinking through problems.

Advice

If you live with a lung condition you may already know how to cope when you feel short of breath. You may have learned techniques and positions to help you at pulmonary rehabilitation or from a respiratory physiotherapist.

The websites at the bottom of this page provide advice for your breathing techniques if you are breathless and will also give instructions to help clear any sputum.

You can help your body recover and build back your muscle strength by moving and being active. Aim to exercise little and often, doing a little more each time. As you slowly start to be more active, you may find you get more breathless. This is normal because you've been inactive for some time. But as you get more active, you can make your breathing muscles stronger, and all your muscles will start to use oxygen more efficiently and your breathlessness will decrease.

 <https://www.yourcovidrecovery.nhs.uk/>

<https://www.blf.org.uk/support-for-you/coronavirus/how-will-i-recover-if-ive-had-coronavirus>

<https://www.nhs.uk/live-well/exercise/couch-to-5k-week-by-week/>

<https://www.nbt.nhs.uk/our-services/a-z-services/bristol-chronic-fatigue-syndromeme-service/post-viral-fatigue-a-guide-management>

