



LONG COVID RESOURCE

BOOKS

- The Long COVID self-help guide: practical ways to manage symptoms
- **Long haul COVID: a survivor's guide** by Trunzo, Joseph J Trunzo and Julie Luongo (Access with your OpenAthens username & password at tinyurl.com/y7k5bs94)

GENERAL RESOURCES

- Long Covid Kids
<https://www.longcovidkids.org/>
- Long Covid Support
<https://www.longcovid.org/>
- Your Covid Recovery
<https://www.yourcovidrecovery.nhs.uk/>

PATIENT INFORMATION

- Age UK: Living with long COVID
<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/living-with-long-covid/>
- British Heart Foundation: Long Covid: the symptoms and tips for recovery
<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/long-covid>
- Lancashire Teaching Hospitals: Covid-19: supporting your recovery
<https://covidpatientsupport.lthtr.nhs.uk/>
- The ME Association: Post COVID-19 fatigue, post/long COVID-19 syndromes and post-COVID ME/CFS
<https://meassociation.org.uk/wp-content/uploads/Post-Covid-Fatigue-Syndrome-and-MECFS-September-2020.pdf>
- NHS: Long-term effects of coronavirus (long COVID)
<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>
- Patient Info: Long COVID: what support is available?
<https://patient.info/news-and-features/long-covid-what-support-is-available>
- Royal College of Occupational Therapists: How to manage post-viral fatigue after Covid-19
<https://www.rcot.co.uk/node/3540>
- SIGN/NICE/RCGP: Long Covid: a booklet for people who have signs and symptoms that continue or develop after acute Covid-19
<https://www.sign.ac.uk/media/1825/sign-long-covid-patient-booklet-v2.pdf>