



Long Covid Resource List

1. General Websites

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

2. Patient Information

- Long Covid: a booklet for people who have signs and symptoms that continue or develop after acute Covid-19
SIGN/NICE/RCGP
<https://www.sign.ac.uk/media/1825/sign-long-covid-patient-booklet-v2.pdf>
- How to manage post-viral fatigue after Covid-19
Royal College of Occupational Therapists
<https://www.rcot.co.uk/node/3540>
- Long-term effects of coronavirus (long COVID)
NHS
<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>
- Long COVID: what support is available?
Patient
<https://patient.info/news-and-features/long-covid-what-support-is-available>
- How could long COVID impact your mental health?
Patient

<https://patient.info/news-and-features/how-could-long-covid-impact-your-mental-health>

- What is the latest advice on long COVID symptoms and treatment?

Patient

<https://patient.info/news-and-features/the-effects-of-long-covid>

- What are the long-term health impacts of coronavirus?

Patient

<https://patient.info/news-and-features/what-are-the-long-term-health-impacts-of-coronavirus>

- Long Covid: the symptoms and tips for recovery

British Heart Foundation

<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/long-covid>

- Living with long COVID

Age UK

<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/living-with-long-covid/>

- Post COVID-19 fatigue, post/long COVID-19 syndromes and post-COVID ME/CFS

THE ME Association

<https://meassociation.org.uk/wp-content/uploads/Post-Covid-Fatigue-Syndrome-and-MECFS-September-2020.pdf>

- Covid-19: Supporting your recovery

Lancashire Teaching Hospitals

<https://covidpatientsupport.lthtr.nhs.uk/>

3. Books

- Coping with long Covid and other long-term health conditions: practical and psychological strategies for self-help (2021)
By Sheila Granger and Dr Sue Peacock
ISBN: 978-1527299733
- Coping with Long COVID: a practical guide (2021)
By Dr E. Kelly
ISBN: 979-8547746987
- COVID and post-COVID recovery: DoctorVee's 6-point plan (2021)
By Dr Vishakha Shivdasani
ISBN: 978-9354224119



Knowledge Alerts

To keep up to date with the latest information about COVID-19 and Long Covid, why not sign up to our current Awareness Service – ***the Knowledge Alerts?***

You can use your ***NHS OpenAthens*** account to register to receive daily, weekly or monthly emails informing you when new information has been published on a wide range of different topics – including Public Health: Infections and Infectious Diseases where you will find the latest updates on COVID-19.

See our website to find out more: <https://www.knowledge-nw.nhs.uk/>



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