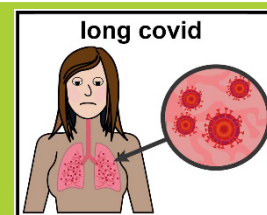




Long covid



We want to tell you about the long covid service in Leeds.

If you have a learning disability it is important to keep a record of your covid vaccinations and symptoms.

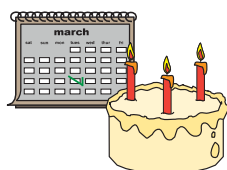
The long covid service can offer advice, information and support when you have had symptoms for longer than six weeks.

You can ask your GP to refer you to the service.



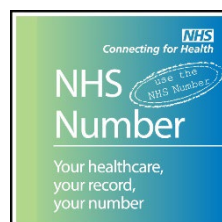
Name:

.....



Date of birth:

.....

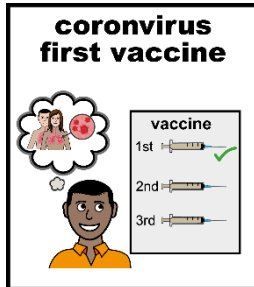


NHS Number:

.....

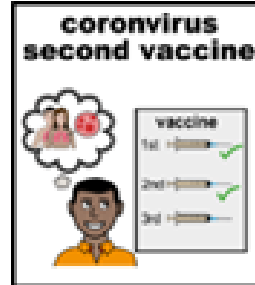
Vaccinations

Write the dates of your covid vaccinations



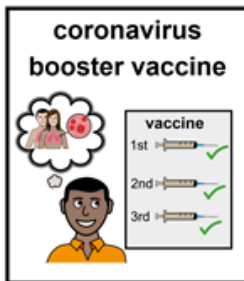
Date:

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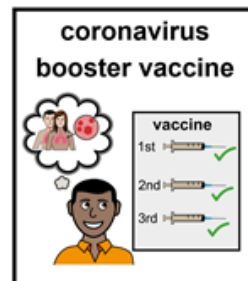
Date:

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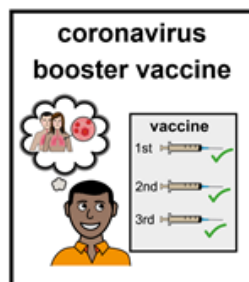
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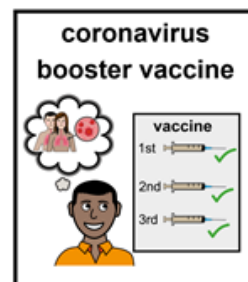
Date:

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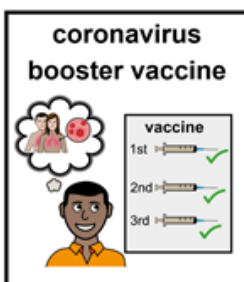
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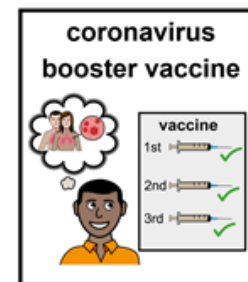
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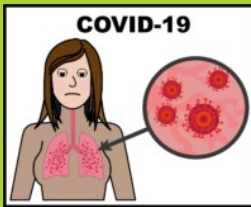
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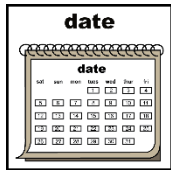
Date:

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Symptoms

First covid infection

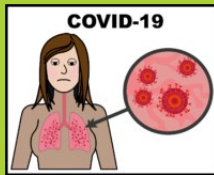


Date of first covid infection:

.....

Tick all symptoms that you had

breathlessness ☒	memory problems ☒	anxiety ☒
tired ☒	joint pain ☒	poor sleep ☒
cough ☒	dizzy ☒	palpitations ☒
low mood ☒	headache ☒	weakness ☒
loss taste or smell ☒		

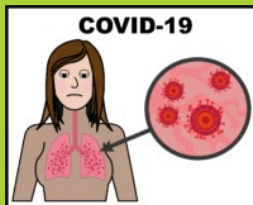


Symptoms

Six weeks after covid infection

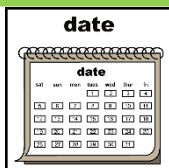
Tick all symptoms that you still have

breathlessness ☒ yes ☐	memory problems ☒ yes ☐	anxiety ☒ yes ☐
tired ☒ yes ☐	joint pain ☒ yes ☐	poor sleep ☒ yes ☐
cough ☒ yes ☐	dizzy ☒ yes ☐	palpitations ☒ yes ☐
low mood ☒ yes ☐	headache ☒ yes ☐	weakness ☒ yes ☐
loss taste or smell ☒ yes ☐	If you only have loss of taste and smell then you will be referred to see an Ear, Nose and Throat (ENT) doctor.	



Symptoms

Second covid infection

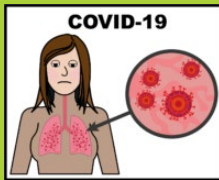


Date of second covid infection:

.....

Tick all symptoms that you had

breathlessness yes ☒	memory problems yes ☒	anxiety yes ☒
tired yes ☒	joint pain yes ☒	poor sleep yes ☒
cough yes ☒	dizzy yes ☒	palpitations yes ☒
low mood yes ☒	headache yes ☒	weakness yes ☒
loss taste or smell yes ☒		



Symptoms

Six weeks after second covid infection

Tick all symptoms that you still have

breathlessness yes ☒ ☐	memory problems yes ☒ ☐	anxiety yes ☒ ☐
tired yes ☒ ☐	joint pain yes ☒ ☐	poor sleep yes ☒ ☐
cough yes ☒ ☐	dizzy yes ☒ ☐	palpitations yes ☒ ☐
low mood yes ☒ ☐	headache yes ☒ ☐	weakness yes ☒ ☐
loss taste or smell yes ☒ ☐	If you only have loss of taste and smell then you will be referred to see an Ear, Nose and Throat (ENT) doctor.	



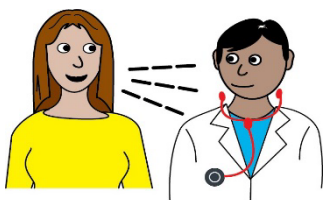
Learn how to tell people that you are poorly RESTORE2 mini and Pulse Oximeter Training



We want to make sure you get the care you need at the right time.



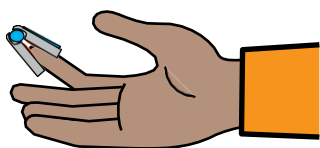
It can be hard to know when people are poorly.
This training will help you tell people.



People get better more quickly if they get medical help early.

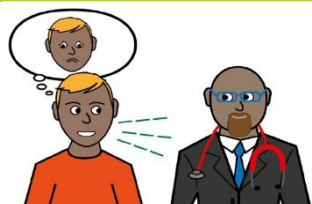


RESTORE2 mini trains families and carers to record early signs of serious illness.



Pulse Oximeters help to measure how poorly people are.
It is easy to do.

We will teach you how and give you a pulse oximeter.



Training will help carers tell medical people when they are worried.

Book your free training here:

<https://www.learningdisabilityservice-leeds.nhs.uk/get-%20checked-out/resources/restore2/>

This will help you get the right treatment at the right time.

support

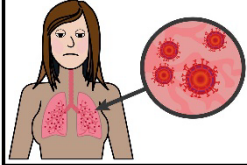


Support and Information

**ask for
information**



long covid



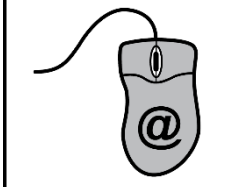
Long covid team

**phone
number**



0113 843 0636

email



Lcht.covid19rehabpathway@nhs.net

phone 119



NHS coronavirus information

You can call 119 if you have questions or need help with coronavirus vaccinations, testing, NHS COVID Pass, and more.



The Health Facilitation team

The Health Facilitation team website has lots of easy read resources, advice and support.

<https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out>



<https://www.learningdisabilityservice-leeds.nhs.uk/get-checked-out/resources/restore2/>