

Post COVID-19 Recovery Websites for Patients

East Calder & Ratho Medical Practices – November 2020

It is not uncommon for some patients with suspected or proven COVID-19 to have a prolonged recovery from their initial illness. Most patients will be fully recovered by 12 weeks. However, for those with ongoing physical and psychological symptoms, they may have what is now termed “Post COVID-19 Syndrome”.

If you have suspected Post COVID-19 Syndrome then you should have a discussion with your GP (if not done so already) and consider the resources on the websites below to help with your recovery:

<https://www.csp.org.uk/public-patient/covid-19-road-recovery>

<https://www.homerton.nhs.uk/covid-recovery-and-rehabilitation>