

## Respiratory

# Post Covid-19 Advice

### Why are you receiving this leaflet?

You have been diagnosed with a confirmed Covid-19 infection or suspected Covid-19 infection. This is a virus that can affect the body in many ways, but usually affects the lungs.

It can take a while to recover from any virus, and the length of time it takes to get better can vary from person to person. No matter what age you are or how healthy and active you were beforehand, you may continue to have symptoms for a while, and this is normal.

It is important that you give yourself time, build up slowly to normal activities and don't over-do things. You can set yourself small goals and plan them into your day. It's a good idea to keep a diary of your achievements so you can look back and see your improvements, this will also help remind you of how far you have come.

We hope you continue to make a good recovery. To help, the following websites (thanks to Lancashire Teaching Hospitals) provides you with information to support you during your recovery:

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

[www.yourcovidrecovery.nhs.uk](http://www.yourcovidrecovery.nhs.uk)

It provides information and advice including; coping with breathlessness, mouthcare and how to eat well as you recover. There is also advice for physical activity and help when you're feeling down.

### What if you keep having problems?

There are professionals and teams who can provide advice and support your recovery journey, if you develop problems or continue to have difficulty with the following activities:

- Walking and physical activity
- Self-care (washing, dressing et cetera)
- Completing your usual activities in work or leisure
- Swallowing
- Speaking
- Reduced appetite and weight-loss

## Who can you contact?

If you live in Calderdale, ring **Gateway to Care on 01422 393000**. They will be able to refer you to a range of health and social care professionals.

If you live in Kirklees, ring the **Single Point of Contact for Healthcare on 0300 304 5555**. Or call **Kirklees Council's Gateway to Care on 01484 414933** if you require information or advice on adult social care and support.

## When to seek medical help

You should contact **111** or your **GP** if you develop any new shortness of breath, uncontrolled pain, hallucinations or nightmares.

## Will I need to be followed up

The team that discharges you will make an assessment about whether you need to be followed up after your hospital admission. If you do require follow up, you will be followed up in our Post-Covid assessment clinic. In preparation for this appointment and to check you have recovered from this infection, you may need some tests approximately 10-12 weeks after your admission. You may be given instructions about the tests on discharge or receive information about any tests that you may need through the post. If you are asked to book any tests (**consider booking after 10 weeks from your discharge**).

### 1. To book a blood test:

The opening times of the Phlebotomy Department at either the Huddersfield Royal Infirmary or Calderdale Royal Hospital are: **Monday to Friday - between 8.00am to 4.00pm**. However, due to the current COVID-19 pandemic, **please telephone: 01484 355765** to book an appointment for your blood test, as they are currently not running a Walk-in Service.

### 2. To book a chest x-ray:

If you need a chest x-ray the ward team will request this to take place in 3 months. The X-ray department will contact you with an appointment via a letter nearer the time. You could try booking your blood tests for the same day when you come for an x-ray, however this may not always be possible.

This clinic is a telephone clinic so please let the ward know if you feel this would not be manageable for you. The doctor will talk to you and discuss any existing symptoms or concerns that you may have. The doctor will also try to provide a plan to improve your overall health.

If you have any comments about this leaflet or the service you have received you can contact :

Dr Rehan Naseer  
Consultant Respiratory Physician  
Telephone: 01422 223122

Heather Moffat  
Respiratory Lead for Therapy Services  
Community Division  
Telephone: 01484 342432

Respiratory Secretaries  
Telephone: 01484 355581 / 355655

[www.cht.nhs.uk](http://www.cht.nhs.uk)

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਬ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو براہ کرم مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"