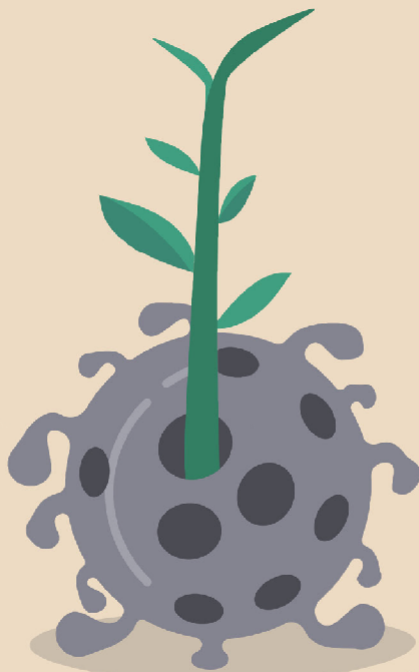


## Have you had COVID-19 and still experience symptoms?



## Information for people who have had COVID-19

Some people experience persisting effects of COVID-19 after their initial recovery. This applies to both the people who were seriously ill and hospitalised and those who had mild versions of the disease.

The symptoms may vary, but typically include fatigue (tiredness), memory problems, and feeling sad or depressed. Some people experience shortness of breath. Others may have joint and chest pain, cough, or have a reduced sense of smell and taste.

It is not uncommon to have such health issues after infection, and it will take some time to fully recover.

It can sometimes be difficult to return to your normal lifestyle involving family, work, school, and leisure.

### **Getting help to fully recover**

If you experience health issues twelve weeks after you have been diagnosed with COVID-19, you can get help to recover.

You cannot rest until you are well. Instead, you need to gradually train your body to return to your normal activity level. Part of this training can be done on your own or with the help of a rehabilitation programme offered in your municipality.

Some people may find it convenient to stay at a place where rehabilitation specialists can offer professional help.

## **What is rehabilitation?**

Rehabilitation involves helping you regain your abilities to manage your everyday life the way you did before. The goal is to be able to live as independently as possible, the way you want it.

## **When should I contact my GP?**

Contact your GP if you find that you are unable to manage your health condition without professional help. Your GP will provide you with appropriate follow-up care and offer rehabilitation if necessary.



## Akershus universitetssykehus HF

Besøksadresse: Sykehusveien 25, Lørenskog  
Postadresse: Postboks 1000, 1478 Lørenskog  
Telefon: 67 96 00 00  
Epost: [postmottak@ahus.no](mailto:postmottak@ahus.no)