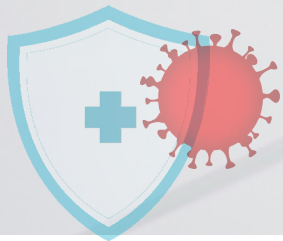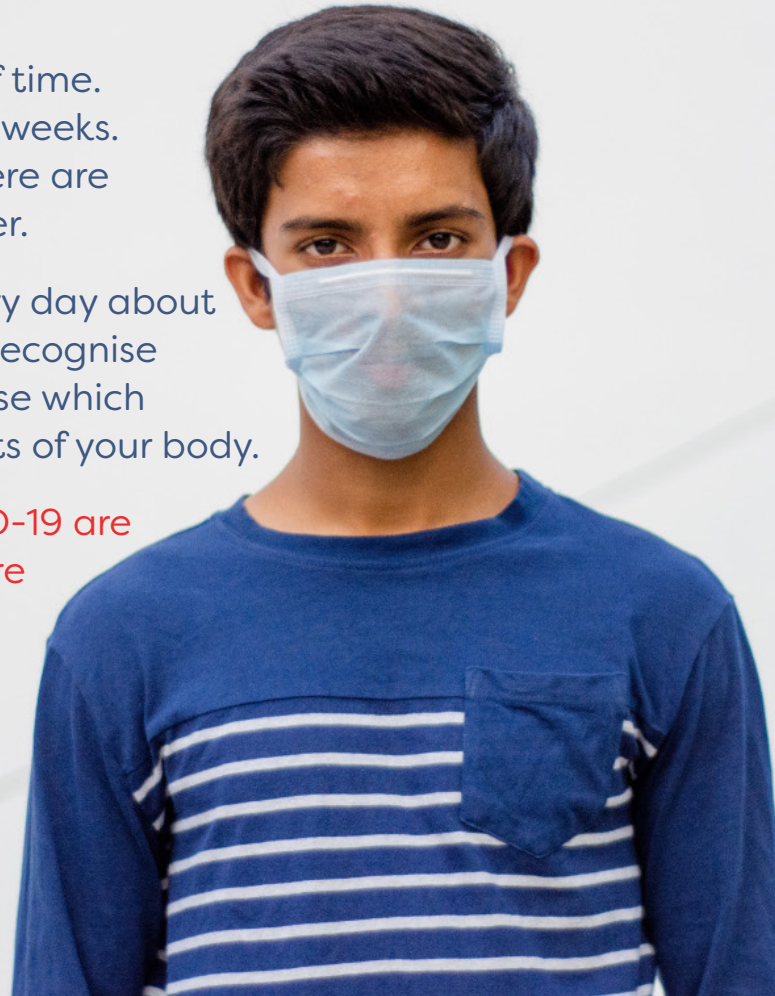# Recovering from COVID-19

Most people will recover from COVID-19 within a short period of time. 90% recover completely within 3 weeks. However, for some individuals there are varying symptoms that last longer.

We are learning about more every day about these continuing symptoms. We recognise COVID-19 is amulti-system' disease which means it can effect different parts of your body.

Prolonged symptoms after COVID-19 are not contagious. The symptoms are caused by your body's response to the virus continuing beyond the initial illness.

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Common symptoms while recovering from COVID-19 include:

- extreme tiredness (fatigue)
- shortness of breath
- chest pain or tightness
- problems with memory and concentration ("brain fog")
- difficulty sleeping (insomnia)
- heart palpitations
- dizziness
- pins and needles
- joint pain
- depression and anxiety
- tinnitus, earaches
- feeling sick, diarrhoea, stomach aches, loss of appetite
- a high temperature, cough, headaches, sore throat, changes to sense of smell or taste
- rashes