



# Recovery from COVID-19 Adult Pathway

## Universal Services

Available at Every Stage

Primary Care Services

Supported Self-management

Top Tips, Education Programme for Patients (EPP)

Online Resources

[Post COVID-19 Syndrome \(phw.nhs.uk\)](#),  
[NHS COVID Recovery App](#), [Post-Covid Recovery - Aneurin Bevan University Health Board \(nhs.wales\)](#), [Melo Cymru](#)

## Stage 1

### Post COVID Recovery

Patients supported to self-manage and advised when to seek further advice.

## Stage 2

### Medical assessment for prolonged Post-COVID concerns

Medical assessment for prolonged Post-COVID concerns.

## Stage 3

RFC

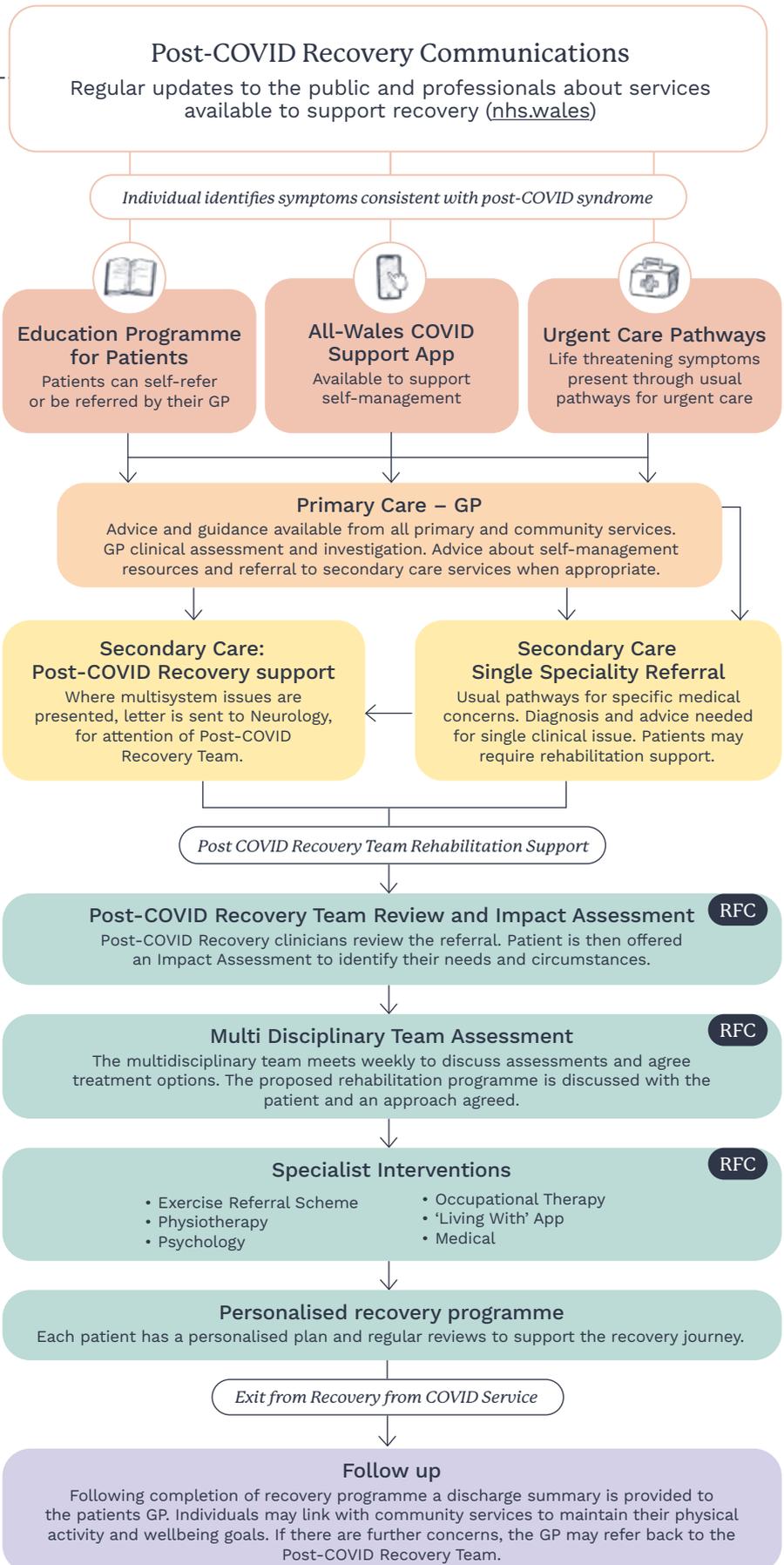
### Complex Services - Recovery

A multi-disciplinary service for adults managing and recovering from prolonged symptoms following COVID-19 infection.

## Stage 4

### Discharge from the Post-COVID Recovery Team

Personalised plan updated with continuing self-management and safety netting advice.



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