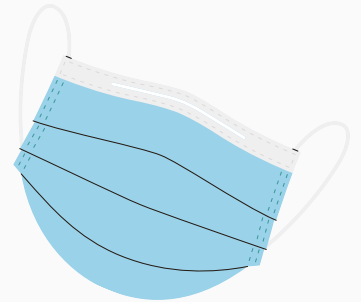


Nottinghamshire County

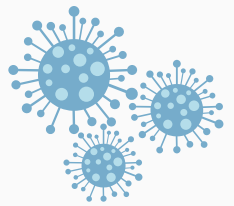
Post COVID-19 Service

- Have you had COVID-19 and do you still have ongoing symptoms?
- Do you know where you can get help from?



The Nottinghamshire County Post COVID Service offers a non-diagnostic, community based service for:

- Adults (over 18 years)
- With symptoms of Long COVID for more than 12 weeks.
- With a GP in Nottinghamshire County



You can self refer by calling the Post COVID-19 Service on 07771388185 Monday to Friday 9am-5pm, emailing postcovid@nottshc.nhs.uk, or your GP can refer you via F12. You can also refer by scanning the QR code and filling out the self referral form or visiting <https://forms.office.com/e/8MwC2T9dZv>



Please note - If you have acute breathlessness or chest pain please seek immediate medical attention from your GP.