



## Long Covid Resource List

### 1. General Websites

- Your Covid Recovery  
<https://www.yourcovidrecovery.nhs.uk/>
- Long Covid Kids  
<https://www.longcovidkids.org/>
- Long Covid Support  
<https://www.longcovid.org/>

### 2. Patient Information

- Long Covid: a booklet for people who have signs and symptoms that continue or develop after acute Covid-19  
SIGN/NICE/RCGP  
<https://www.sign.ac.uk/media/1825/sign-long-covid-patient-booklet-v2.pdf>
- How to manage post-viral fatigue after Covid-19  
Royal College of Occupational Therapists  
<https://www.rcot.co.uk/node/3540>
- Long-term effects of coronavirus (long COVID)  
NHS  
<https://www.nhs.uk/conditions/coronavirus-covid-19/long-term-effects-of-coronavirus-long-covid/>



- Long COVID: what support is available?  
Patient  
<https://patient.info/news-and-features/long-covid-what-support-is-available>
- How could long COVID impact your mental health?  
Patient  
<https://patient.info/news-and-features/how-could-long-covid-impact-your-mental-health>
- What is the latest advice on long COVID symptoms and treatment?  
Patient  
<https://patient.info/news-and-features/the-effects-of-long-covid>
- What are the long-term health impacts of coronavirus?  
Patient  
<https://patient.info/news-and-features/what-are-the-long-term-health-impacts-of-coronavirus>
- Long Covid: the symptoms and tips for recovery  
British Heart Foundation  
<https://www.bhf.org.uk/information-support/heart-matters-magazine/news/coronavirus-and-your-health/long-covid>
- Living with long COVID  
Age UK  
<https://www.ageuk.org.uk/information-advice/coronavirus/coronavirus-guidance/living-with-long-covid/>
- Post COVID-19 fatigue, post/long COVID-19 syndromes and post-COVID ME/CFS  
THE ME Association  
<https://meassociation.org.uk/wp-content/uploads/Post-Covid-Fatigue-Syndrome-and-MECFS-September-2020.pdf>



- Covid-19: Supporting your recovery  
Lancashire Teaching Hospitals  
<https://covidpatientsupport.lthtr.nhs.uk/>

### 3. Books (available at Oxford Health Libraries)

Dembeck, E. (2021) *My Long Covid vacation*. Independently Published by Ella Dembeck.

Fraser, E. et al. (2022) *The Long Covid self-help guide: practical ways to manage symptoms*. London: Green Tree.

Goldenberg, D. & Goldenberg, M.D. (2022) *Unravelling Long Covid*. John Wiley and Sons.

Vasu, T. (2022) *Managing Long Covid syndrome*. Shrewsbury: TFM Publishing.

### 4. Podcasts

- TLC Sessions - Living with Long Covid -  
<https://podcasts.apple.com/gb/podcast/tlc-sessions-living-with-long-covid/id1574768076?msclkid=9cdba574cfa111ecb818d48b2ec88ee3>
- BBC Radio 5 Live – Long Covid -  
<https://www.bbc.co.uk/programmes/p09v00jl?msclkid=9cdd6093cfa111ec86f36d7cc9a442e4>
- Spotify – Long Covid Podcast -  
<https://open.spotify.com/show/54VO5d0RR52JzcLarBznll?msclkid=9cdd7900cfa111ec8af429a0d3ecb132>
- Encephalitis Society - COVID-19 AND LONG COVID – PODCAST -  
<https://www.encephalitis.info/Blog/long-covid-podcast?msclkid=9cdd91a4cfa111ec84992fb19fb3a160>



- BBC Radio 4 – Long Covid revisited - <https://www.bbc.co.uk/programmes/m0015b0g?msclkid=9cdda9d0cfa111eca74d3f71605de2c7>