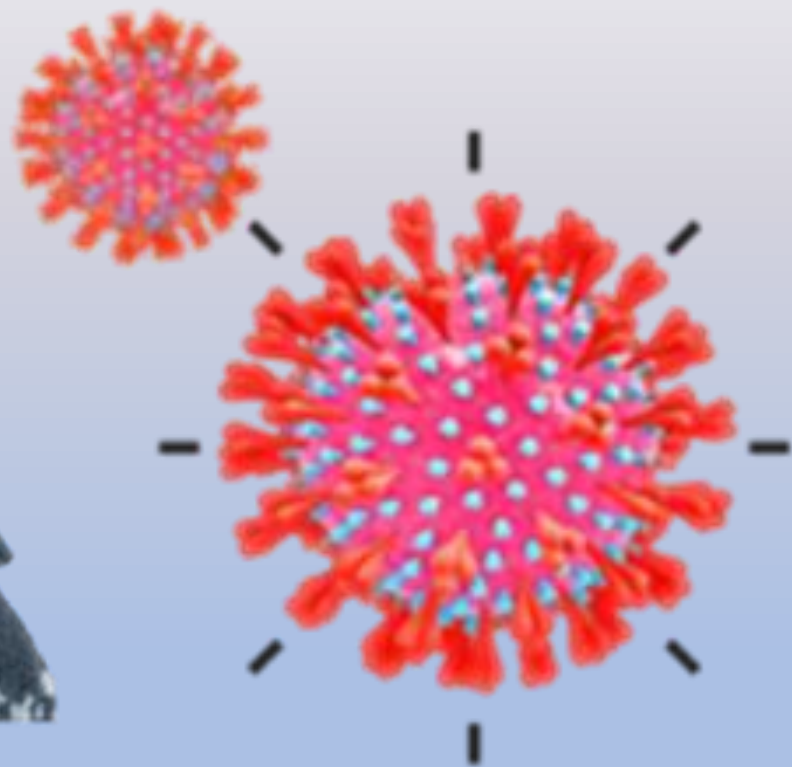


# WHAT TO DO AFTER HAVING COVID-19



**EASY READ  
INFORMATION PACK**



This booklet contains lots of information to help people who have had COVID 19.



We know that it has a lot of pages for an easy read document.



We wanted to make sure people had all the information they needed to help them to get better.



Covid 19 seems to affect people in different ways.



Just read the sections on the things you are struggling with so .



If you are struggling with breathing or coughing read pages 3-8



If you are feeling very tired read pages 9-11



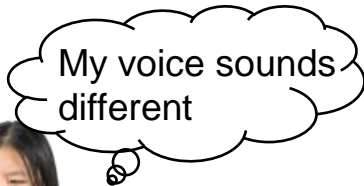
If you are struggling with your feelings read pages 12-15



If you are having problems eating and Drinking with eating and drinking Read pages 15-16



If you want help with healthy eating Read pages 17-18



If your voice sounds different Read page 19



If you are having problems with physical activity Read page 20



If you still have questions or need more advice go to page 21



## If you find it hard to breathe



After COVID-19 you may find it feels harder to breathe, if this gets worse then phone your doctor or NHS 111

These **positions** can help you breathe more easily

Relaxed sitting



Forward lean standing



Backward Lean Standing



Forward lean sitting



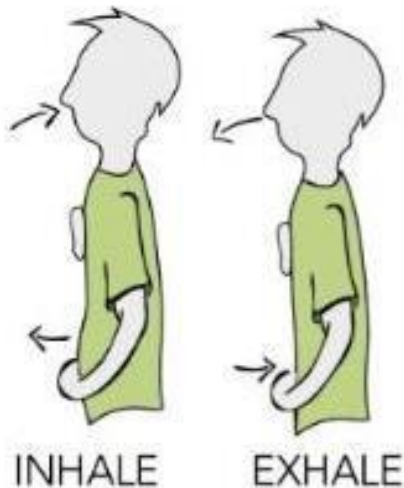
High side lying





## Controlled and relaxed breathing

Choose a relaxed breathing position



Try 'belly breathing'

- Put your hand on your tummy
- Breathe in and move your tummy inwards.
- Do this for 1 minute if you can.
- Try to do this 5 times the first time. 6 the next and slowly increase the number you do.



Try

- Breath out for as long as you can
- Take a short breath in .
- Try to do this 5 times the first time. 6 the next and slowly increase the number you do.



## Keep cool

- Open a widow or a door
- Use a wet flannel to cool your face



## If you still have a cough



- Make sure you drink enough
- Sip a drink - take lots of small sips, not big sips



- Make sure you always have a drink near you



- Drink warm honey and lemon or another warm drink - this can help to soothe the throat
- Drinks with milk in can make you produce more mucus.
- Milky drinks can slow down you clearing your cough.



- Move around to loosen your cough



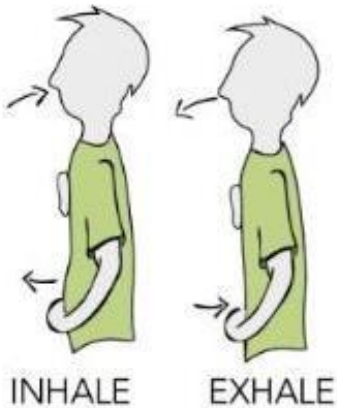
- Try the breathing and huffing exercise on the next page

## Breathing exercises –

This helps if you have a chesty cough and are coughing up mucus/ sticky fluid.



1. Sit up straight and tall on a chair or on your bed

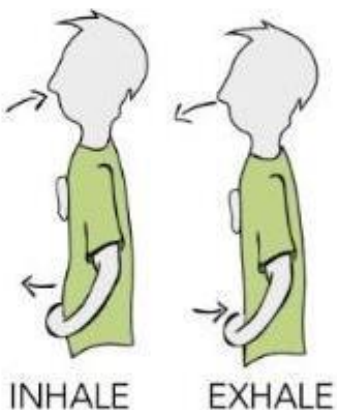


1. Start with relaxed, belly breathing
  - Put your hand on your tummy
  - Breathe in and move your tummy outwards.

Try to do this 5 times the first time. 6 the next and slowly increase the number you do



2. Now take a big breath in, as big as you can
  - Hold your breath for 2-3 seconds if you can each time.
  - Repeat 2 more times

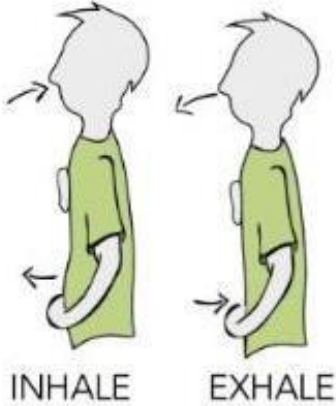


3. Then do relaxed, belly breathing' again for as long as you can.

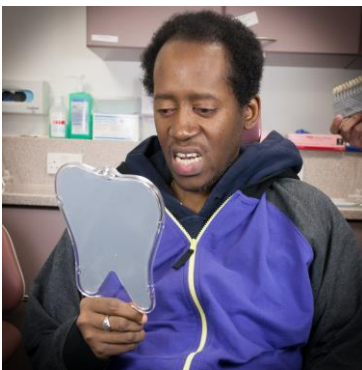


x3

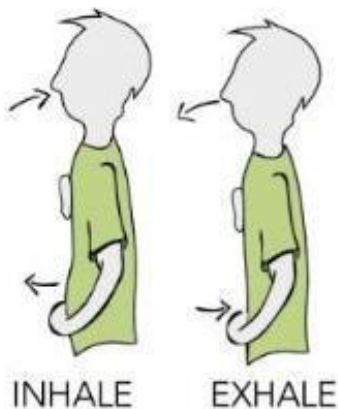
1. Repeat your big breaths in 3 times



1. Then 'belly breathing' again.



1. Take a big breath in and **'huff'** the air out quickly
  - Keep your mouth open
  - Stand in front of a mirror or hold a mirror in front of you.
  - Try to steam it up with your breath.
  - Do this up to 3 times



2. Finish with relaxed 'belly breathing'





1. You can do this cycle of breathing exercises again, starting from the beginning



2. If you have any mucus, spit it out in a tissue

- put the tissue in the bin
- Wash your hands



3. Do your breathing exercises often throughout the day, until you start to feel better.



## If you feel more tired than you used to do



- Feeling extra tired is common after Covid infection
- This is called post viral fatigue
- It is your body getting better after the infection



- You may feel like you can not do your every day activities
- You may need to sleep more
- You should have a lie down or a sleep during the day time
- Eat and drink little and often



- Every day you should do some gentle movement – this could be a short walk or some simple exercises in your chair
- Don't rush, you will get better slowly



## Are you feeling very tired?



Some people may have a range of ongoing problems after COVID-19, including tiredness.

Tiredness and weakness is common after COVID-19.

It often doesn't last very long and people return to normal after a few weeks.

First stage- Remember to:

- Sleep
- Rest
- Eat and drink lots of water
- Move around
- Stop work/ college

When you start to feel better after COVID-19:

- Try to get back a routine of sleep, mealtimes and activity.
- Increase your activity levels slowly. Remember to rest.





- Relax – try relaxation on page 13 and 14



- Sleep – a short nap may help.



- A healthy diet will increase your energy levels.



- Avoid coffee, tea and alcohol



- Don't go back to work/ college too soon. When you go back, go for just an hour or 2.



If you continue to feel tired after a few months of having COVID-19, speak to your GP.



## How you might be feeling?



### How you might feel –

- You may feel anxious or worried or panic
- You may feel low in mood/ in yourself
- You may have trouble sleeping



### What can you do? –

- Don't watch too much news
- Try the relaxation exercises on pages 13-14



- Talk to your family and your friends.
- Talk to your helpers or to your doctor



- Do something that you like
- Remember it takes time to feel better



- Eat well and healthy and have plenty to drink



- Talk to your helpers or to your doctor
- Talk to the mental health helpline on phone number 111
- There are some ideas to help you relax on the next pages.

# Relaxation



There are lots of ways to help you relax

- Pay attention to where you are. Ask yourself:
  - What can I see?
  - What can I feel?
  - What can I hear?
  - What can I smell?
  - What can I taste?
- Think about each sense/ thing slowly

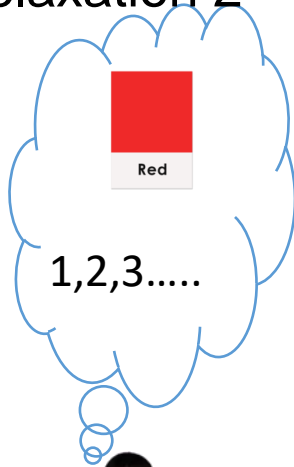


Or you could try -

- Imagine your favourite place
- It can be a place that you been to
- Close your eyes and try to see a picture of this in your mind
  - What does it look like?
  - What colours can you see?
  - What sounds can you hear?
  - What does the ground feel like?
- Spend some time making a quiet picture in your head



## Relaxation 2



- Counting
  - Count some things around you
  - Can you count things in a certain colour e.g. how many red things can you see?



- Keep your hands busy by using a fidget spinner or a stress ball or colouring



- Listen to quiet music



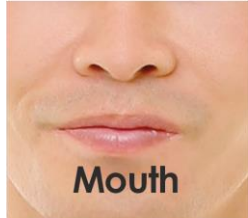
- Do controlled and relaxed breathing exercises



## Problems with eating and drinking



- After COVID-19 you may find it hard to swallow your food and drink
- This may take some time to get back to normal.
- You should follow any advice given in hospital or your current eating and drinking recommendations



- You may have difficulty swallowing
- Your mouth may feel too dry or too wet
- Your arm muscles may be weak so it is hard to feed yourself



- You may find it hard to chew all of your food
- You might feel tired when eating your meal
- You might not be able to taste and smell as well as you usually can





## Problems with eating and drinking



- Things to help you –
- Follow any speech and language therapy guidelines
- Sit upright when eating and drinking
- Avoid straws or cups with lids unless advised
- Keep your mouth clean and brush your teeth



If you are worried you can contact Oxford Heath Speech and language therapy for more advice

North team 01865 903500

City team 01865 90455

South team 01865 903100



## Healthy Eating



Your taste may change after covid-19



It is important to eat well and drink lots to get better

Have some protein every day

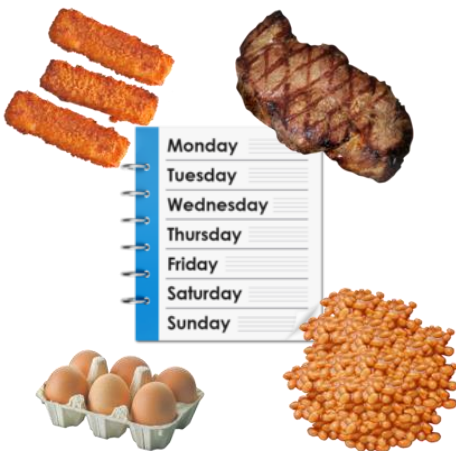
This could be:

- a portion of meat

-A portion of fish.

-Eggs

-beans or pulses





Have some fruit and veg every day

This could be apples, bananas, broccoli, peas or other fruit and veg you like.

Try to eat 5 different fruits or vegetables each day.

Have some dairy every day

This could be milk, cheese or yoghurt.

Protein

Vegetables



Potatoes, Rice or pasta

Your dinner plate should look like this :

- Salad or Vegetables
- Potatoes, pasta or rice.
- Meat or fish or eggs

I sound  
different

.....

## If your voice sounds different



- Your voice may sound different
- Your throat may feel sore
- If you were ventilated in hospital, you may have some swelling in your throat
- Your voice might take a long time to get back to normal



### Things you can try:

- Drink lots.
- Keep taking sips of water
- Talk for a short time then stop talking and have a break
- You can talk in your normal voice
- If you have reflux, speak to your GP for advice





## Physical Activity Advice after being ill with Covid

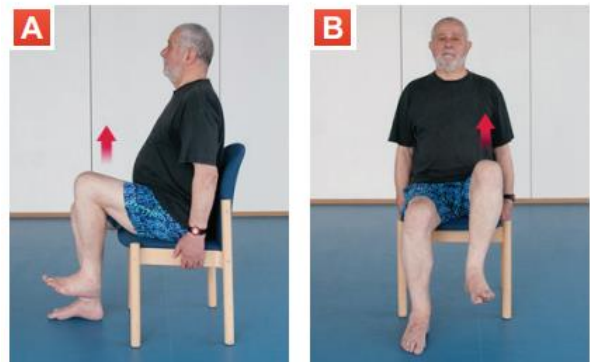
Being poorly at home or in hospital can make your body lose strength and become weak.

It is normal to feel out of breath when you exercise.

If you struggle to talk when exercising then....Slow down and Control your breathing.

Types of exercises:

- Have a Go videos
- Short walk
- Sitting exercises



Remember not to rush and have a rest.

Increase your exercise slowly



## If you are still not feeling well.

You can get advice by



-Calling your doctor.



-Calling NHS 111.



-Calling The Oxford Health  
Community Services 01865 903750.



-If you live in the North of Oxfordshire  
call this number 01865 903500

-If you live in the city of Oxford call  
this number 01865 90455

-If you live in the South of  
Oxfordshire call this number 01865  
903100



-Please leave a message on the  
phone and someone will phone you  
back.