

You've had COVID-19.  
And you've self-isolated for 7 days.  
But you still don't feel better.



**You might still have some symptoms.**

**You will probably feel fatigue.**

You might find that you're sleeping a lot.  
Or you feel unsteady on your feet.  
Maybe standing for long periods is difficult.

COVID-19 can also affect your ability  
to concentrate and your memory.

**This is not necessarily long COVID.**

It is likely to be your body's natural response  
to fighting a viral infection.



**You need to give your body time to heal.  
Don't try to do too much.**

**Rest. Rest. Rest.**

This will help you recover faster and may help  
you avoid getting long COVID.

If your symptoms are not going away, stay  
at home, if you can, and continue to self-isolate.  
Talk to your employer about your situation,  
there may be extra support that can help.

**If your symptoms get worse  
call your GP, iwi health provider  
or Healthline on 0800 358 5453**

**If you or a family member becomes  
very unwell, has difficulty breathing  
or feels unsafe, immediately call 111**

[covid19wellingtonregion.health.nz](https://covid19wellingtonregion.health.nz)

# A short guide to managing post-COVID-19 symptoms

## Managing fatigue

Pace yourself.

- Avoid lifting or moving items that may place strain on your body.
- Break up your daily activities into smaller, more manageable tasks.
- Spread activities that need more energy (foodshopping and laundry) across the week.

**Get plenty of rest in between.**

## Managing a cough and breathlessness

COVID-19 mainly affects your lungs. You may have a persistent cough and trouble catching your breath.

Try breathing control exercises and positions that will help clear your chest and improve breathlessness.

Lying down as flat as possible can help reduce your heart rate and drain built-up phlegm.

Sipping warm fluids will help soothe a sore throat and ease coughing.

## Maintaining your mental health and wellbeing

Many people recovering from COVID-19 experience low moods, anxiety, and difficulty sleeping. Speak to your GP if your mental health worsens or you have concerns.

Maintain connections with friends, work mates and family.

Schedule time to do the things you find enjoyable and relaxing.

Practise mindfulness techniques, such as breathing exercises and meditation.

## Returning to exercise

You probably haven't been as active as you would typically be when in good health.

Exercise may lead to muscle and joint pain and add to your feelings of fatigue.

Slowly and gently add exercise into your daily routine. Listen to your body - **Pace yourself.**

## Maintaining a healthy diet

You may have lost your appetite, along with your senses of taste and smell. It's important to continue to eat and drink regularly throughout the day. Good nutrition and hydration is always important and is vital for your recovery.

You'll find useful resources how to manage your recovery from COVID-19 at [healthnavigator.org.nz](https://healthnavigator.org.nz) and at [covid19wellingtonregion.health.nz](https://covid19wellingtonregion.health.nz)