



COVID – 19 RECOVERY

Are You...

- Diagnosed with COVID-19
- Recovering from COVID-19
- Previously Diagnosed COVID-19

WE CAN HELP!

The symptoms and impact of COVID-19 vary from person to person and it is very normal for your body and mind to take some time to recover.

We can provide advice and tips on how you can help yourself to get better at home and how you can get more support if you need it.

Please ask staff for information or visit:

<https://hduhb.nhs.wales/healthcare/covid-19-information/covid-19-recovery/>



To access the online resources, scan this code with a QR code reader or by activating your smart phone camera and hovering it over the code (no need to take a picture)

