

## MEDIA RELEASE

*For immediate release*

# New resource pack on long COVID available

**The NHS is making information about long COVID more accessible with a new pack of resources in different formats.**

The length of time it takes to recover from COVID-19 varies from person to person. For some it will be days, for others it may be weeks or even months. If symptoms last more than 12 weeks, this is sometimes called post-COVID-19 syndrome or long COVID.

The severity and duration of symptoms differ from patient to patient, but can include fatigue, ongoing breathlessness, anxiety and depression, heart palpitations, chest pain and joint or muscle pain.

To help raise awareness and ensure people with a range of communication needs have equitable access to information, NHS experts have created a resource pack with advice sheets in a number of community languages, including Bengali, Polish, Punjabi, Somali and Urdu.

A video with British Sign Language (BSL) translation has also been created in partnership with Zebra Access, a deaf-led charity based in Wolverhampton, showing how to identify and help manage long COVID symptoms at home. You can watch the video on [YouTube here](#).

Dr Mohit Mandiratta, local GP in Dudley and a clinical lead for Black Country and West Birmingham Clinical Commissioning Group – who features in the video – said: “Long COVID can happen to anyone who has had COVID-19, even if the illness was mild, or they had no symptoms at all. For some, it can seem like a cycle of improving for a time and then getting worse again, and for others it can cause debilitating problems.

“It’s important that everyone understands the effects that long COVID can have on both the body and mind and, if they are able to, try to help manage symptoms at home themselves. That’s why we’ve made our resources as accessible and inclusive as possible to ensure our communities have access to information they can understand and everyone is informed on long COVID.”

Dierdre Maguire, Community Development Officer at Zebra Access, said: “Accessible health information and services is essential for everyone, including Deaf, Deafblind and Hard of Hearing people. This is why the work we do in partnership with the Black Country and West Birmingham



Black Country and West Birmingham Clinical Commissioning Group

CCG on the video to ensure Deaf BSL users are aware of the impact that Long Covid can have on their health is vital.”

Resources on long COVID are available on the Black Country and West Birmingham Clinical Commissioning Group website [here](#).

**ENDS**

**Notes to editors:**

- Black Country and West Birmingham Clinical Commissioning Group (CCG) was established on 1 April 2021 following the merger of Dudley, Sandwell & West Birmingham, Walsall and Wolverhampton CCGs
- The CCG decides how to spend the NHS budget on the majority of health services, including planned hospital care, urgent and emergency care, community health services, and mental health and learning disability services, as well as delegated responsibility for commissioning general practice services
- We serve a local population of 1.5 million and our vision is for a healthier place with healthier people and healthier futures
- For more information please email [Communications.bcwb@nhs.net](mailto:Communications.bcwb@nhs.net)
- For the latest local NHS news and health advice, visit our website or follow us on social media:
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