

**Information for patients and carers about Derbyshire Post Covid Syndrome service**

**What is Post Covid Syndrome?**

Post Covid Syndrome is also known as 'Long Covid' and can cover a large range of symptoms that persist for 12 weeks or more after you first contracted Covid-19. You do not need to have had a positive Covid-19 test to be experiencing Post Covid Syndrome.

**What should I do?**

Following your initial doctor's appointment, your doctor is referring you to the Derbyshire Post-Covid Syndrome Assessment Clinic. This service deals with complex problems, related to being infected with Covid-19. They will give you an expert assessment, and then they will discuss with you what would be the best way to manage your problem. They may also send you for more tests if needed.

**What happens next?**

Your doctor will send your referral straight to the service. A team of specialists will look at your case to make sure that you are directed to the correct specialist service. When a member of the team calls you, they will tell you what your next steps are. These could be:

- A telephone call to help the team get more information about you and your condition
- Setting up a face-to-face appointment with a doctor
- Getting advice on how to manage your problem
- Booking a hospital appointment

If you need an appointment, you will be offered a day, time and place that is best for you.

The team may also set up an appointment for you with other services if you need it.

The team will need to be able to see your medical record. If you are worried about this, please speak to the person on the phone when they call.

**How will we contact you?**

Calls from your doctor or the referred service will be made Monday – Friday between 9:00am and 5:00 pm. The number they will call you from might come up as unknown or number withheld.

If you want a copy of any of the information that they give you over the phone, just ask the person on the call and they will send it to you.