

Long Covid,
A Personal Journey

1st CPAP Mask



This mask
was so tight
it cut into
the bridge
of my nose
leaving a
scar

2nd
Mask
Full
Face



This mask
was
supplied
from
Dublin

High-flow nasal cannula - this allows for heated and humidified oxygen, which can be delivered through a wide bore nasal tube at flow rates of up to 60 liters per minute (LPM).



On the
long
road to
recovery

.....

And
Long
Covid!



Post-hospitalisation COVID-19 study
(PHOSP-COVID) based in Leicester University

World Health Organization (WHO) and the
Post-COVID Condition (Long COVID)
Core Outcome Set (PC-COS)

“Long COVID is still a new illness and it may take time to understand it fully. It can affect a person's day-to-day activities and it's currently understood that it can last or come and go for several months. The effects of long COVID could also cause other impairments. It's a good idea for the employer to focus on the reasonable adjustments they can make rather than trying to work out if an employee's condition is a disability.”

<https://www.acas.org.uk/long-covid>