

Long COVID

Complaints after COVID-19

If you still have symptoms three months after a COVID-19 infection, it is called long (long-term) COVID or post-COVID. You may feel tired, forget things or suffer from stress, anxiety or a loss of taste and smell. Most people with long COVID have 10–15 symptoms simultaneously. These are the most common:



1. fatigue



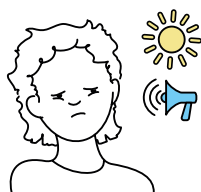
2. difficulty concentrating



3. forgetfulness



4. tightness of the chest



5. light and sound sensitivity



6. headache



7. depression



8. difficulty sleeping



9. muscle ache



10. dizziness

Read more about what the organisations C-support and PostCovid NL can do for you

Help for people with long COVID

There is no standard approach. Each situation is unique and requires a personalised approach. C-support listens carefully to your symptoms and their impact on your physical and mental health, social life, work and income.

C-support answers your questions and gives advice but does not offer medical treatment directly. Aftercare and medical advisors will help you find the right healthcare providers or enlist experts such as an occupational consultant, lawyer or financial advisor. Together, we look at how we can improve your situation.

C-support works with teams all over the Netherlands.

Sign up with C-support

An application form is available at www.c-support.nu. If you have trouble signing up via the website, call +31 73 44 00 440.

You will have a comprehensive intake interview by phone about your symptoms and questions within a few weeks of your registration. Help with contact via an interpreter is possible, let us know via the application form on our website.

After the intake, you will have an aftercare advisor as a regular contact person who will provide support.

Information in eleven other languages is available at www.c-support.nu/talen. Or via:

Costs

C-support's help is free of charge. The government pays for it.



C-SUPPORT
nazorg covid-19

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Support groups for people with post-COVID complaints

PostCovid NL is a patient organisation for people suffering from long-term symptoms after COVID-19. We represent the interests of these patients.

We also arrange support groups for people with post-COVID to talk to each other. Discussing your problems with others can be nice.

To participate or learn more? Visit our website www.postcovidnl.nl for more information. See all peer support groups or find a buddy through www.ontmoetlotgenoten.nl