



What can Long Covid feel like?



Shortness of Breath

'...lower ribcage has a tight band round so I can't inflate my lungs'



Loss of taste or smell



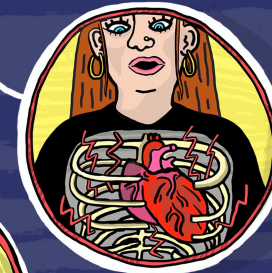
Reflection of impact of symptoms on life:

'I feel like I'm trapped in a body that I don't recognise. I used to run 5k 3-4 times per week, was very sociable and a high achiever at work.'



Palpitations

'...like my heart is hitting ribcage and is going to jump out of my chest'



it's more like a brick wall in my brain cutting off half of what's in there... just trying to access it is like taking a hammer to it; completely useless, painful, emotional, exhausting, and stressful

Gastric issues, bloated stomach and nausea

'I have episodes anything from a few weeks to a couple of months apart with the same - onset whilst eating or immediately on finishing - severe lower lower abdominal pain, cramp & diarrhoea for 24hrs to a week.'

Brain Fog

'My head feels as if it is full of cotton wool. I'm unable to read effectively, miss word order & forget what I'm saying'



Joint Pain

'my body feels as though my joints have been smashed with a sledge hammer'



'While the level of fatigue can vary in intensity, it never gives you a break. You always start the day like a phone with a partly charged battery, and have to plan the day's activities accordingly'

Tinnitus



Insomnia

'its like I have an electric charge making it impossible for any part of me to relax'

Headaches

'The brain fog is often preceded by a vice that connects to my skull and begins to squeeze.'



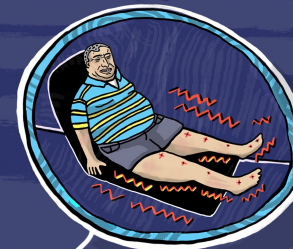
Fatigue

'it encompasses my entire being, it floods in uncontrollably like a weight on my body. Leaving me unable to move...'



Body Buzz

Buzzy or restless legs feels like they are constantly 'on' and tense, with a tingling sensation



Thank you to those who provided their time to share their experiences on the VOICE_Global platform.

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Voice