

For people who have been treated for Covid-19

You have now been discharged from hospital, but it may take several weeks for your body - and soul - to recover after a difficult and lengthy infection.

There are some things it's important to think about:

- Read carefully and follow the instructions in the information on disease control you have been given.
- Eat regularly and nutritiously. Have snacks between meals if you can't eat sufficiently. Check your weight regularly.
- Consider alternating activities and resting during the day. Avoid lying/resting for much of the day, although you may need more breaks than normally for some time. Try to be physically active, for example, by going for walks as often as you can. Follow your training programme, if your physiotherapist has given you one.
- Establish routines and stick to them. Sleep is important for your recovery, and your brain needs daylight. Avoid spending too much time on the computer. Try to do something enjoyable every day.
- Concentration difficulties, poor memory and similar mental functions are common for a while. A lot of people also feel unusually tired. It's a good thing to be active and "train your brain" by doing different activities, but more regular breaks may be needed. Writing up important information can help.
- You may experience emotional difficulties such as increased anxiety and depression. It's not unusual to have nightmares either, for a while. Talking with close family members can help, and don't be afraid of asking the health care service for help if the complaint persists. Your close relatives may also need support.
- A lot of people who have undergone intensive care have memories of experiences that are not real. This does not mean they are suffering from a mental illness. Don't hesitate to speak with close family members and/or health care staff, who can help to distinguish between real and unreal events.
- If you are off work, you will need to inform your employer of this. If you are unemployed, you should inform the Swedish Social Insurance Agency instead. Remember to apply for sickness allowance from the Social Insurance Agency, otherwise you will not be paid any benefit.

If you have any questions, or need support and assistance:

- If you are being assisted by the home help or home care service, or live in a home for the elderly: Enquire with the staff there in the first instance, if you have any queries or need support or help.
- If you need any practical assistance or aids to cope with your day-to-day living conditions at home: Contact your local municipality. You can find your municipality's contact details on their website or by phoning them.
- If you need any help to get started on training, assistance with depression/anxiety, swallowing difficulties, weight loss, obvious physical or mental fatigue, or need other medical advice and information: Contact the health care centre where you are registered. Contact details and further information can be found at www.1177.se.