MANAGE LONG-COVID

prepared by employers for employers

What is it

A term often used after four weeks if symptoms are still stopping the person from doing normal activities.

Symptoms can include:

- **fatigue / tiredness**
- **foggy brain / hard to think & remember**
- **breathlessness / general dizziness**
- **dizzy spells when standing up / standing for long periods**
- **high blood pressure**
- **muscle and joint pain (musculoskeletal)**
- **feeling bloated**
- **loss of smell / taste**
- **chest pain**
- **mental health concerns including anxiety and depression**

Impact on Business

Jobs involving machinery, driving, working at heights, physical exertion, long periods of standing, etc are all impacted by Long-COVID. Afternoons are typically a high risk period as are night shifts.

Long-COVID requires management like any other Return-to-Work.

Check out our free detailed guide

Manage Group - leaders in Government based compliance. ACC, Worksafe, COVID

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