

Governing Body Meeting			
Date:	Tuesday 14 July 2020	Time:	2:30 pm
Venue:	Skype Conference Call		
Questions from the general public received in advance			

Email received 03/07/2020

My question relates to those people who, despite not being hospitalised, have or continue to show symptoms of Covid 19 and how we as a society can support their quality of life including their mental health.

What is being done to support the many people who:-

- a) have long term symptoms and are being told by 111, clinics and GPs they may be infectious still and are therefore long term isolating as well as unable to try returning to their normal lives
- b) are also being told they are anxious, their symptoms doubted as they cannot be measured and are being prescribed antidepressants
- c) have GPs who seem to be unaware of long term Covid 19 and that tests are not being carried out on people who are more than 48 hours from onset. A test for this situation could offer reassurance one way or another.

Thank you

Response sent 11/08/2020

Covid-19 is a relatively new illness and there is still much that we have to learn about its impact, however it is becoming clear that for some people it might cause longer term symptoms. The NHS nationally has recognised this issue, and in response has developed plans for a new recovery service which will aim to tackle both physical and mental health problems. This was announced at the beginning of July – you can read more details about the announcement on the NHS England website: <https://www.england.nhs.uk/2020/07/nhs-to-launch-ground-breaking-online-covid-19-rehab-service/> When we understand how this will look locally we will of course share more information. Locally our hospital clinicians and GPs are working together to set up a Covid follow up service which GPs can refer to for patients who are experiencing long term effects of Covid.

Testing for Covid-19 is carried out in the first five days of having symptoms. This doesn't need to be arranged via a GP, but can be booked online or by calling 119. The advice remains that anyone with concerns about possible coronavirus symptoms should contact NHS 111 in the first instance, either online or by phone. For any other health problems or concerns, whether with physical or mental health issues, they should speak to their GP for support and further advice.

I hope this information is useful. I am sorry that we can't fully address all of your questions at this stage, however as our understanding about Covid-19 grows we will be in a better position to support those who need extra support as part of their recovery.