Long covid produces a wide variety of general and organ specific symptoms. Some patients have profound functional impairment including difficulties with daily activities. This graphic gives a quick overview of what to look out for in primary care, and when to refer.

**Associated symptoms, such as:**
- **Respiratory**
  - Tinnitus, poor hearing
  - Altered smell
  - Altered voice
- **Skin and hair**
  - Hair loss
  - Urticaria, chilblains
- **Neurocognitive**
  - Impaired executive function
- **Gastrointestinal**
  - Reflux or regurgitation
  - Difficulty swallowing
  - Diarrhoea
- **Cardiovascular**
  - Microvascular angina
  - Dizziness
- **Mental health and wellbeing**
  - Anxiety
  - Depression
  - Muscle and joint pain
- **Sensory**
  - Poor concentration
  - Poor memory
- **Hearing**
  - Altered smell
- **Vision**
  - Altered voice
- **Gastroenterology**
  - Difficulty swallowing, chronic diarrhoea
- **Dermatology**
  - Pruritus
- **Neurology**
  - New onset of stroke
- **Neurology**
  - Poor memory
- **Cardiology**
  - Microvascular angina
- **Gynaecological**
  - Premature menopause

**Investigations**
- Guided by history and examination, for example:
  - **Full blood count**
  - **Renal and liver function**
  - **Thyroid stimulating hormone**
  - **C-reactive protein**
  - **Thyroid stimulating hormone**
  - **Full blood count**
  - **HbA1c**

**History and examination**
- Conduct a full examination in a face-to-face appointment.
- Factors to look out for include:
  - **Onset in or after January 2020**
  - **Course may be constant or relapsing-remitting, perhaps with specific triggers**
  - **Fatigue made worse by minor exertion**
  - **Functional impairment - unable to do normal job or activities**
- **Red flag symptoms**
  - Wide range of associated symptoms
- **Associated symptoms, such as:**
  - An acutely unwell and deteriorating patient requires urgent action

**What can primary care teams do?**
- **Exclude other diagnoses**
- **Symptomatic relief, such as antihistamines for urticaria**
- **Offer covid-19 vaccination if not fully up to date**

**Prognosis**
- **Share uncertainties**
- **Help set realistic goals**
- **Monitor progress**
- **Sickness certification**
- **Support return to work**

**Management**
- **Whole person care and wellbeing**
- **Manage symptoms and comorbidities**
- **Encourage self-management**

**Consider specialist service referral**
- **If no long covid clinic locally, consider for example:**
  - Long covid clinic and rehabilitation
  - Respiratory
  - Cardiology
  - Ear, nose, and throat
  - Gastro-enterology
  - Memory clinic

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