Recovering from COVID: Steps to Recovery

If you're recovering from COVID or concerned about Post- or Long-COVID there are a few simple things you can do to make a faster recovery.

Make sure to keep a **symptom diary** to track your symptoms and monitor improvements.

1. Manage breathlessness

Use controlled or paced breathing to stay calm. Try lying down or sitting in different positions to support your breathing (see fact sheet on breathing exercises and physical activity).

2. Do physical activity and exercise

Do simple exercises to help return muscle strength and improve mental health. Start slowly and build up to more rigorous exercise depending on how you're feeling (see fact sheet on breathing exercises and physical activity).

3. Manage fatigue and energy levels

Prioritise and pace your activities each day. Make a plan so that you don't overdo things. Let others know how fatigue is affecting you, as this can make a big difference to your recovery.

4. Manage voice problems

If you have a hoarse voice keep well hydrated and don't strain your voice. Use steam inhalations when needed. If you have a persistent cough try breathing through your nose, sucking on a lozenge, or lying on your side or using pillows to prop yourself up.
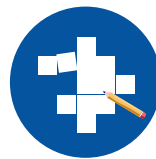
5. Focus on nutrition

Eat a healthy and nutritious diet that includes fruit and vegetables, protein, legumes and dairy. Drink plenty of water. If you've lost taste or smell stimulate your senses by smelling different herbs and spices or plants and flowers.

6. Improve concentration and memory (brain fog)

If you're experiencing 'brain fog' minimise distractions, take regular breaks, make a schedule, and don't overdo it. Try brain exercises such as word or number puzzles to stimulate thinking.

7. Look after your mental health

If you're feeling stressed, anxious or depressed, try relaxation techniques such as meditation and try to get quality sleep. Stay socially connected with friends and family and resume daily activities or hobbies when you feel well enough.

8. Manage pain

Pain is a common symptom of COVID. Quality sleep and relaxation can help. Take paracetamol or Ibuprofen if needed and speak to your doctor or health professional if your pain doesn't improve.

Further information

National Coronavirus Helpline 1800 020 080

Queensland Government