

# Common symptoms of long COVID

## Ear, nose, throat

Tinnitus  
Earache  
Sore throat  
Sinus pain  
Loss of taste/smell

## Heart

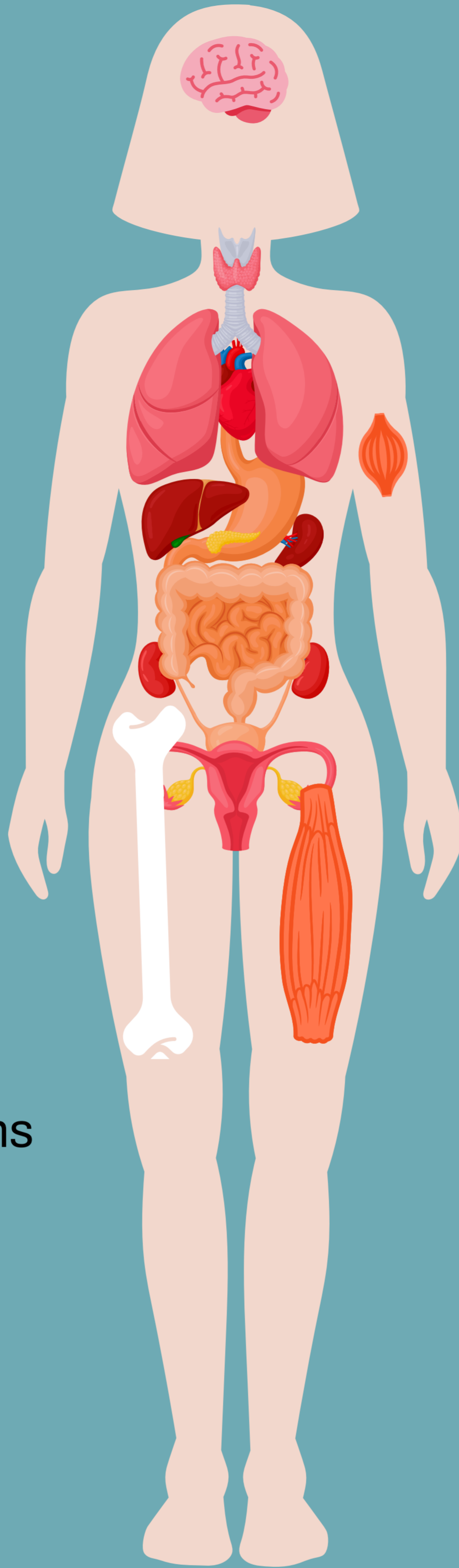
Chest tightness  
Chest pain  
Palpitations

## Reproductive organs

Changes to periods  
*Heavier / lighter, irregular / can stop*  
*Spotting / bleeding between periods*  
May trigger other symptoms of the perimenopause and menopause

## Skin

Skin rashes



## Brain, mind, head

Cognitive impairment  
Headache  
Sleep disturbance  
Loss of self confidence  
Low mood  
Anxiety  
Hair loss  
Dizziness

## Lungs

Breathlessness  
Cough

## Stomach

Abdominal pain  
Nausea  
Diarrhoea

## All over symptoms

Fatigue  
Joint pain  
Muscle pain  
Loss of stamina  
Pins and needles  
Numbness in limbs

Hormone imbalance is common in women with long COVID. Many of these symptoms also occur because of fluctuating and low levels of hormones. Many women benefit from hormone replacement.

## Help long COVID symptoms

Eat wide variety of plant-based foods and friendly bacteria in fermented foods for gut health  
Consider replacing missing hormones with HRT (with/without testosterone)  
Keep good habits for sleep  
Talk about your stress, anxiety and low mood  
Don't overexert yourself: pace, plan and prioritise activities

