

LONG COVID-19 RESEARCH

I'm suffering
with Long
COVID

Help us understand how symptoms of
Long Covid-19 are impacting your ability
to carry out day-to-day activities

It's affecting
my day-to-day
activities

Could personalised health behaviour tips help support your ability to
reclaim some of your activities?



What do I have to do?

- Attend two, 1-hour visits to a Bournemouth University Laboratory across a 9-week period.
 - Wear a small pedometer for 8 weeks to record your day-to-day movements.
- Engage in weekly phone calls discussing your symptoms and the impact this has on day-to-day activities and outlining potential changes that could be made to improve day-to-day activities.

.... All done at and around your soonest convenience

If you would like to discuss this further, please contact:

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Long COVID-19 study

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