

Why do I feel breathless?

Information for patients

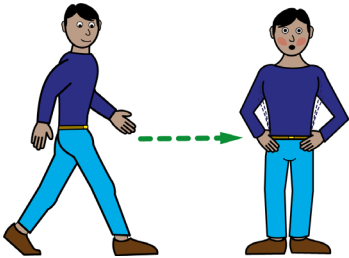
**Easy
Read**



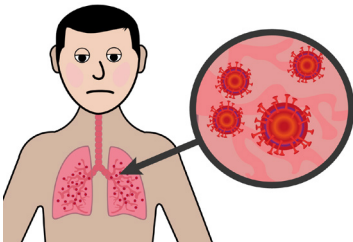
easy read



breathless when walking



Covid-19



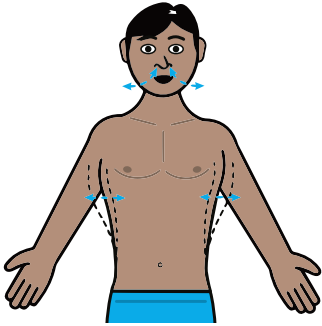
This booklet uses easy words and pictures.

You might want to ask someone to help you read it.

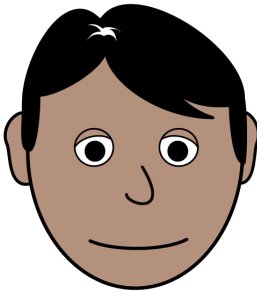
You are breathless when you are walking around.

This is a symptom of Covid-19.

breathing



calm



panic



You might be breathing faster than normal.

You must try and stay calm.

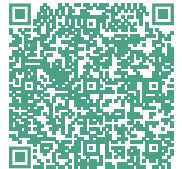
If you panic you can make it harder to breath like normal.



What did you think of your care?

Scan the QR code or visit bit.ly/nhsleedsfft

Your views matter



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