



[Home](#) > Recovering from COVID-19: Post viral-fatigue and conserving energy

Recovering from COVID-19: Post viral-fatigue and conserving energy

Rehabilitation is fast becoming the new priority in dealing with the impact of this pandemic and is crucial for people recovering from COVID-19 infection.

We've published three guides to support people to manage post-viral fatigue and conserve their energy as they recover from COVID-19. These guides are endorsed by the Intensive Care Society.

These guides are available as PDFs to download and share with people who are recovering from COVID-19.

How to manage post-viral fatigue after COVID-19

Our post-viral fatigue guides are designed for people who have been hospitalised and for people who have recovered at home. They are filled with practical advice to support people to gradually and safely resume their activities of daily living.

- See the guide ['Practical advice for people who have been treated in hospital'](#)
- See the guide ['Practical advice for people who have recovered at home'](#)

How to conserve your energy

Our guide on conserving energy uses the 3 Ps principle (Pace, Plan, Prioritise) to support people to conserve their energy as you go about their daily tasks, so they have more energy throughout the day. The guide is filled with practical tips for different activities of daily living, including washing, cooking and shopping.

See the guide ['Practical advice for people during and after having COVID-19'](#)

These three guides are produced by the Critical Care Forum, Royal College of Occupational Therapists Specialist Section – Trauma and Musculoskeletal Health in

partnership with the Yorkshire Fatigue Clinic. They are published by the Royal College of Occupational Therapists and are endorsed by the [Intensive Care Society](#)

Share

[Occupational therapy jobs](#)

[Supplier Directory](#)

[Website terms and conditions](#)

[Privacy Policy](#)

[RCOT and GDPR](#)

[Compliments and complaints](#)

Get in touch

Royal College of Occupational Therapists

106-114 Borough High Street

London

SE1 1LB

T: 020 3141 4600

E: membership@rcot.co.uk

The Royal College of Occupational Therapists (or 'RCOT') is a registered charity in England and Wales (275119) and in Scotland (SCO39573) and a company registered in England (No. 1347374). VAT Reg. No. 242 7829 47.

© Copyright 2019 Royal College of Occupational Therapists. All rights reserved.