

Post-Viral Fatigue

Steps to recovery

R -Rest	Quality rest and relaxation will support and help your body's natural healing process.
E -Energy Management	Initially keep activity levels low – don't push yourself beyond your cognitive and physical limits.
C -Careful Pacing	Be flexible and try to find a balance between activity and rest that suits your current energy levels.
O -Occupation	Make sure you do something you enjoy everyday, if possible do some gentle movement or exercise.
V -Value Sleep	Aim to establish good sleep routines and habits. Relax before going to bed and limit screen time in the evenings.
E -Eat Well	Eat simple, nutritious and well balanced meals. Stay hydrated & limit caffeine and alcohol intake.
R -Realistic Goals	Allow time to recover without putting pressure on yourself. Be realistic with yourself and set short term goals.
Y -You	Look after your emotional wellbeing. Avoid stressful situations; ask for help & support if you need it.

Further Help:

The British Association for CFS/ME (BACME), 2020. **Post-Viral Fatigue A Guide to Management** <https://www.bacme.info/sites/bacme.info/files/BACME%20Post%20Viral%20Fatigue%20A%20Guide%20to%20Management%20May2020.pdf>

The ME Association, 2020. **Post-viral fatigue (PVF) and Post-viral fatigue syndrome (PVFS) following coronavirus infection** <https://www.meassociation.org.uk/wp-content/uploads/MEA-PVF-and-PVFS-Following-Coronavirus-Infection-30.04.20.pdf>

If symptoms persist: Ask your GP for advice

Visit CFS/ME Website: <https://www.cpft.nhs.uk/services/chronic-fatigue-syndrome-and-myalgic-encephalomyelitis.htm>

