



Returning to work

Many Long COVID symptoms can affect your ability to work in the same capacity as you once did. Returning to work can be challenging and needs careful planning and management to ensure you're ready. It's important to work with your health care provider as well as your employer to ensure your return doesn't cause your symptoms to worsen or delay your recovery.

Considerations for returning to work

- Stay off work until you feel well enough.
- Communicate with your employer about your health status.
- If you feel fit to return to work, consult your health care provider or employer's occupational health service to obtain medical clearance.
- Review your work responsibilities and assess whether you would be able to do the full role or only part of the role.
- Discuss with your employer a return-to-work plan that involves a gradual increase in your duties over a period (otherwise known as a "phased return to work") and is regularly reviewed. This can help prevent relapse and further absence. When you return, adjustments can be made to your work pattern, such as your start and finish times, working from home or taking up lighter tasks to begin with.
- Your employer should be supportive in this phased return to work process, which can take weeks or months depending on the nature of your symptoms and the nature of your work.
- If you're unable to meet the requirements of your role, you may need to consider a change of duties or reassignment.
- If you think your medical condition is likely to affect your work in the long term, consult your health care provider and employer so that necessary adjustments can be made based on national policies and legal requirements.