

# REGAIN

REHABILITATION  
EXERCISE AND  
PSYCHOLOGICAL  
SUPPORT AFTER  
COVID-19 INFECTION

The REGAIN study aims to find out which of two treatments is better for helping people recover after being in hospital with COVID-19:

- ➔ An on-line rehabilitation exercise and recovery support group *OR*
- ➔ A single on-line session of exercise advice and support

## Are you still suffering with:

- ▶ A cough
- ▶ Your breathing
- ▶ Sleeping
- ▶ Tiredness
- ▶ Worry or anxiety
- ▶ Low mood or frustration
- ▶ Shoulder or back pain
- ▶ Memory or concentration
- ▶ Loss of taste or smell
- ▶ Speaking or swallowing
- ▶ Any other symptoms



## Do you want to:

- ▶ Find out how the REGAIN study might help people recover from COVID-19
- ▶ Contribute to important research into COVID-19
- ▶ Help to develop better care for people who have COVID-19 in the future?

Find out more: [warwick.ac.uk/fac/sci/med/research/ctu/trials/regain/public](http://warwick.ac.uk/fac/sci/med/research/ctu/trials/regain/public)

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SCAN ME