

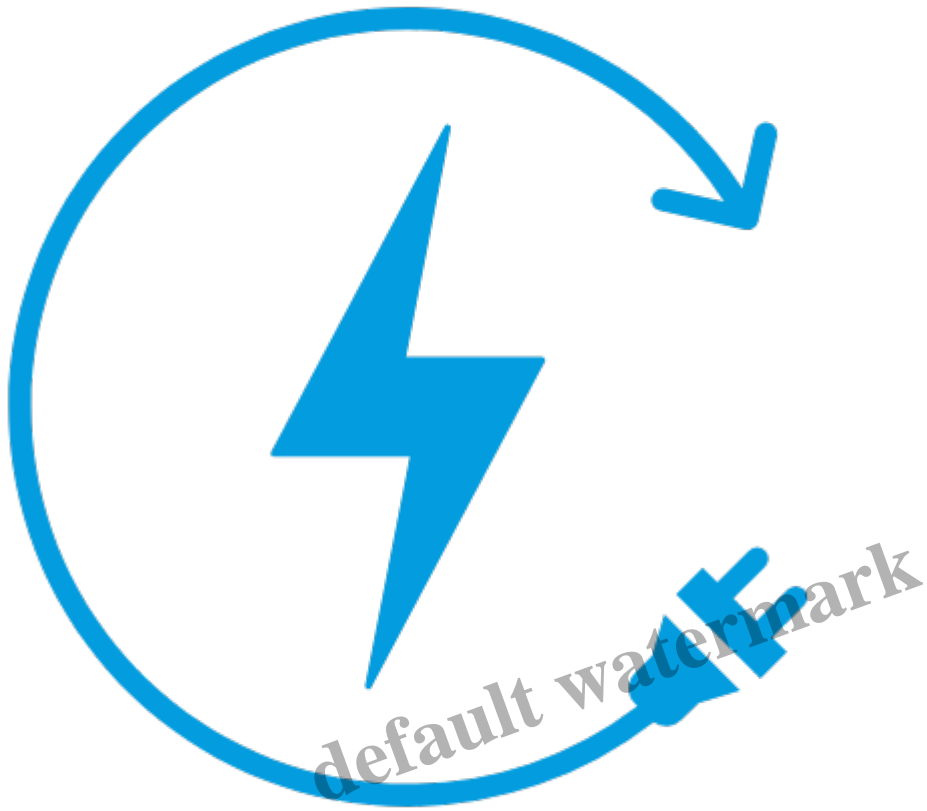


## Learn About ME/CFS

### Description



## What is ME/CFS?

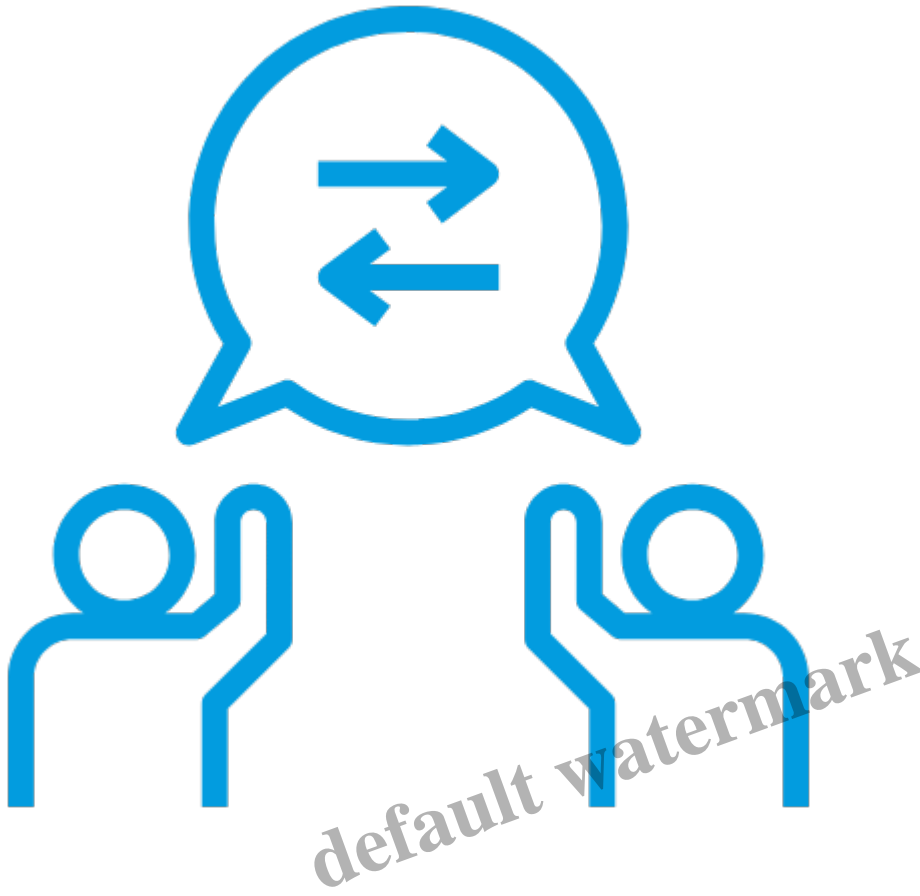


## Post-Exertional Malaise (PEM)

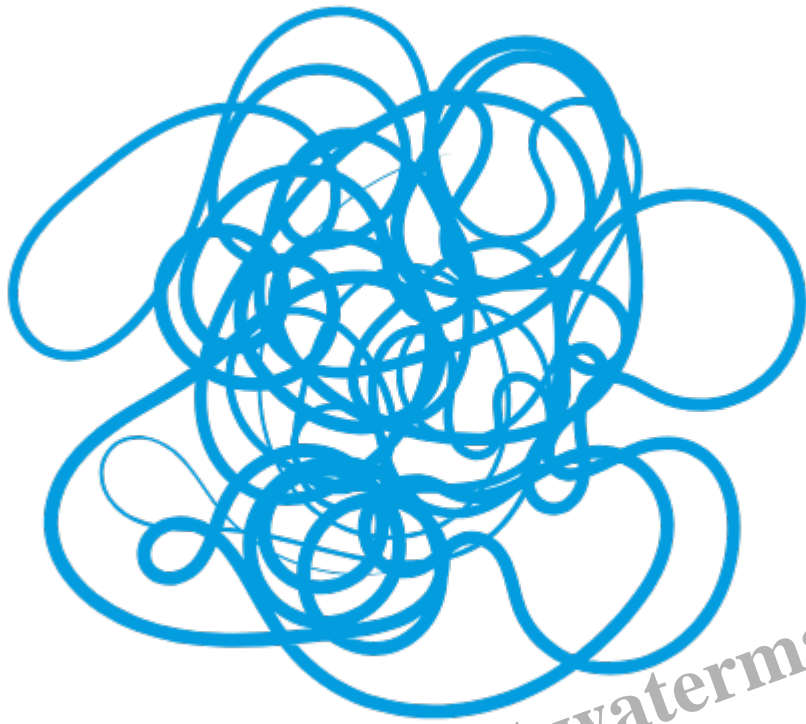


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## Diagnosis



## Associated Conditions



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**Long COVID**



## **ME/CFS Explained For Carers**



## **How To Support Your Friend Who Lives With ME/CFS Or Long COVID**



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## **Employer guide for an employee with ME/CFS and/or Long COVID**

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**Author**

ndjigar