**ME –Chronic Fatigue Syndrome**

**Summary:**

* **Chronic fatigue syndrome (CFS) is a long-term illness with a wide range of symptoms. The most common symptom is extreme tiredness.** CFS is also known as ME, which stands for myalgic encephalomyelitis. (There is some debate over the correct term to use for the condition.)

**Symptoms:**

* Extreme tiredness
* Sleep problems
* Muscle or joint pain
* [Headaches](https://www.nhs.uk/conditions/headaches/)
* A [sore throat](https://www.nhs.uk/conditions/sore-throat/) or sore glands that aren't swollen
* Problems thinking, remembering or concentrating
* [Flu-like symptoms](https://www.nhs.uk/conditions/flu/symptoms/)
* Feeling dizzy or sick
* Fast or irregular heartbeats [(heart palpitations)](https://www.nhs.uk/conditions/heart-palpitations/)

**Strategies:**

* These will vary depending upon severity/type of symptoms present.
* Student may need to take ‘time out’ if particularly fatigued.
* Quiet space to work.
* Reduced/adjusted timetable as appropriate.
* Call first aider if symptoms are severe.

[**https://www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/**](https://www.nhs.uk/conditions/chronic-fatigue-syndrome-cfs/)