

# **International Long COVID Awareness Day**

**15 March**

**Symptoms of Long COVID include:**

**Extreme Fatigue | Cognitive Impairment | Joint Pain | Rashes  
Orthostatic Intolerance | Heart Palpitations | Mood Changes  
Hoarse Voice | Muscle Pain | Anosmia (loss of smell)  
Ageusia (loss of taste) | Shortness of breath | GI difficulties  
Headache | Confusion | Sleep Difficulties and 150+ more**

## **Our Mission Goals**

- 1. Urgently implement all recommendations from the Parliamentary Inquiry into Long COVID and Repeated COVID Infections (Inquiry)**
  - People with Long COVID should be classified as a vulnerable group to access anti-viral medication under the PBS
  - Fund research that will help us (not GET/CBT) and Nationwide Data Collection
  - Update ME/CFS guidelines to remove recommendations of (GET/CBT)\*
- 2. Long COVID training for medical professionals**
- 3. Review MBS, PBS, NDIS and DSP guidelines to increase accessibility for patients with Long COVID and associated illnesses such as autonomic dysfunction and ME/CFS. Income support for everyone with Long COVID**
- 4. Resource telehealth services to meet community needs. Retain MBS item number 92422 for specialists to conduct initial consultations via telehealth**
- 5. Open, transparent science based public information campaigns about both COVID and Long COVID**

**We need your support to raise awareness about the long-lasting effects of COVID. Let's ensure that everybody wakes up to the reality of Long COVID.**

# **#WakeUpToLongCovid**

**\* Scan this QR code for more information about our mission**



**Long COVID**  
Support Australia