



Long Covid Support

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FREYA SAWBRIDGE

LONG COVID ADVOCATE AND WEBSITE CONTENT MANAGER

My Long Covid experience:

- I had a mild case of Covid in March 2020. This led to Long Covid for 8 months
- Strong neurological impact: dizziness, fever, brain pulsations, memory decline, loss of smell and taste
- During this time I began my Long Covid advocacy:
 - Founded NZ Long Covid Facebook Group
 - Media interviews
 - Published articles



Figure 3. Monthly Personal Independence Payment awards by type of disability and single year of age

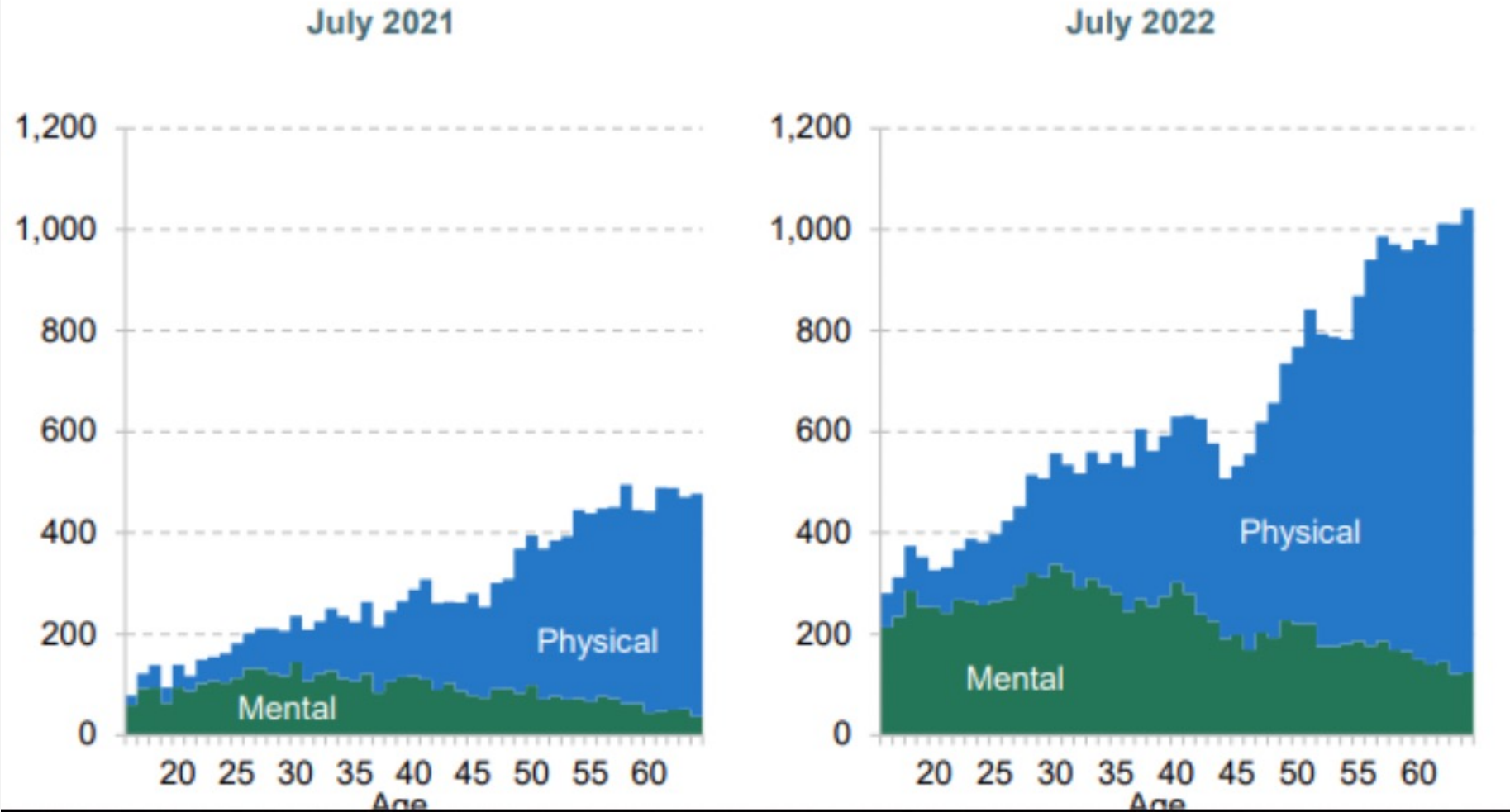
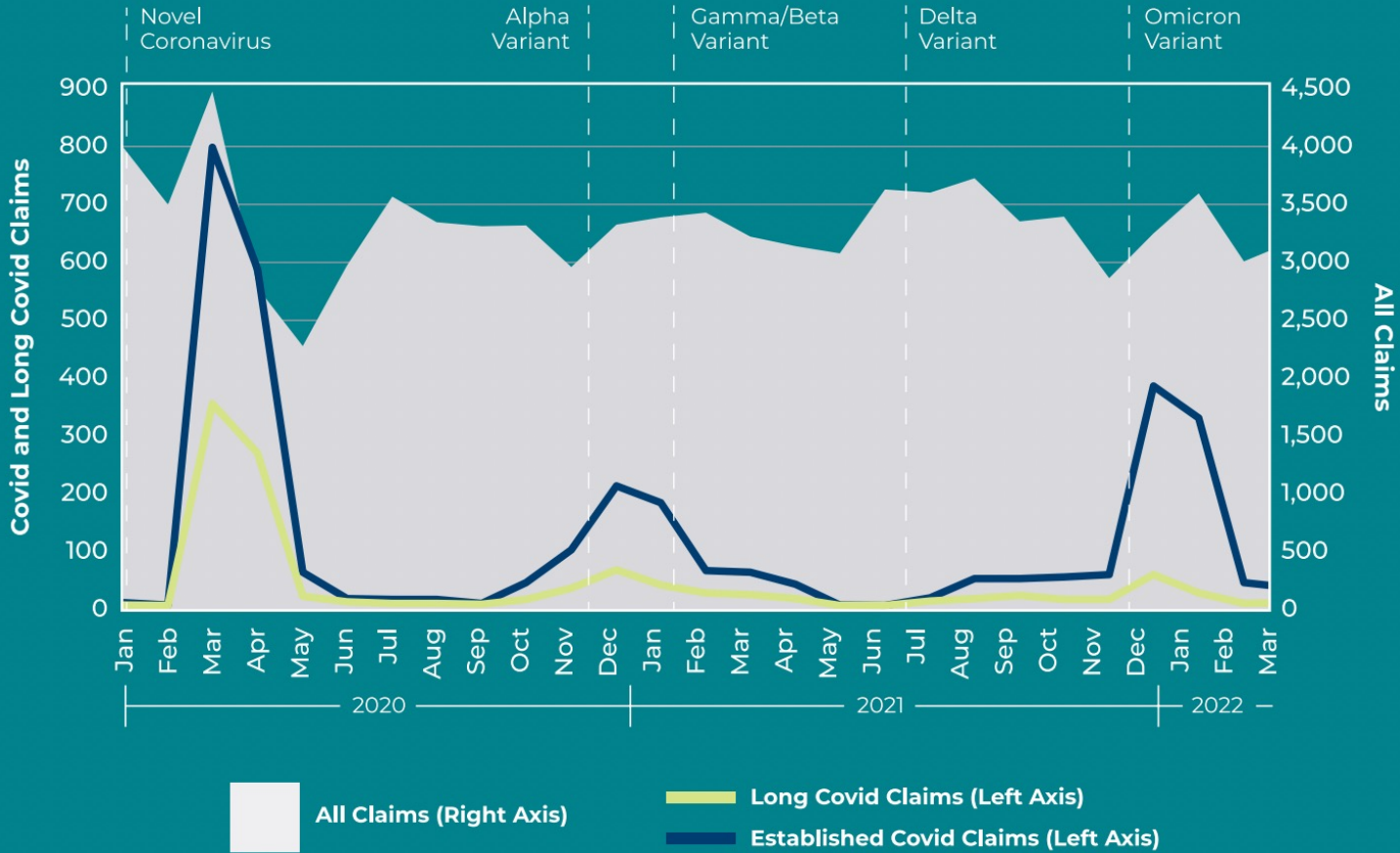


Figure 1: Workers' compensation claims by accident/exposure date



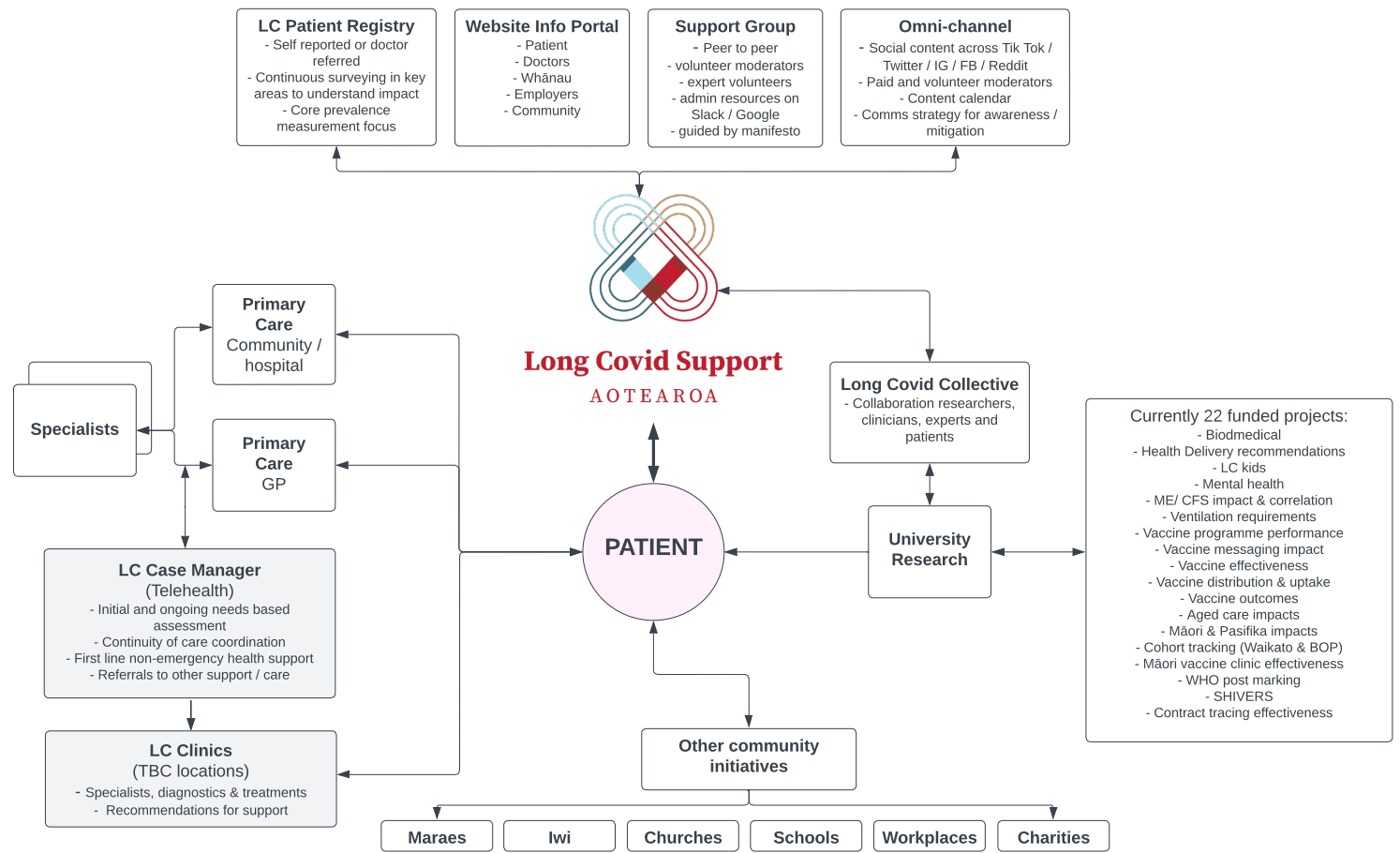
31% of all claimants suffered from Long Covid

40% returned to work within 60 days of infection but still received medical treatment

18% had still not returned to work one year after being infected

3/4 of these claimants were under 60 years old





LCSA content

- Help guides “by patients for patients”
- Support links
- Resources
- Donations
- Surveys to complete
- Research to join
- Contacts
- Want to know how to help a patient? GP section
- Tools for the workplace
- Tips for whanau
- Privacy / terms / consent / unsubs / opt in



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The registry will be housed on the website



This will help us gain an understanding of the prevalence of Long Covid



Health survey ← LCSA website → Registry



“Stand up and be counted”



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“I felt like I was in free fall, desperately reaching for something to slow my descent, but with my hands grasping at thin air. One by one, I said goodbye to the pieces of my old life — coursework, exercise, time with friends, my ability to live independently — until all that was left was spending almost all day and night horizontal, occasionally sitting up for food or drink, or standing to walk to the bathroom. It’s hard to appreciate how much energy breathing takes until you’ve experienced the bone-deep fatigue that makes you acutely aware of the effort to expand your ribcage for each breath.”

IN SUMMARY

- The LCSA website will be a place where we will continually collect information and aim to inform policy and patients
- This will be a vital source of education and support as we learn to live with Covid and employees have to manage the long term implications of Covid in the workplace



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