

As a secondary teacher with children [REDACTED] I had been forced to stay home on 3 separate occasions as a close contact, using up all of my sick pay. In [REDACTED] education, we had to use up all of our sick pay, then our long service leave, before being able to access paid pandemic leave. It is difficult to understand why when state school teachers didn't have to do this. So when I did get covid, in [REDACTED] I had run out of sick pay and had to go back to work before I was fully recovered. I was incredibly fatigued and spent all of my time in bed except for my working hours for four months. In [REDACTED] I got covid again and again had little time to recover at home. After that I felt shortness of breath and extreme fatigue [REDACTED]

[REDACTED] I started to get sick every [REDACTED] sick enough to have to stay in bed for at least seven days at a time this was very debilitating and depleting. [REDACTED]

[REDACTED] caught covid again in [REDACTED] I have been unable to return to work. I have been to four GP's, a rheumatologist and naturopath and had acupuncture, osteopathy, bioresonance and spent thousands of dollars on supplements and medications.

I have had very little support from my workplace and the community. I learned all I could about long covid and its treatments from social media as peer reviewed articles are difficult to find. Many doctors and specialists were dismissive and this was very stressful; it took [REDACTED] GPs before I finally found one who diagnosed me with long covid [REDACTED] [REDACTED] even though my symptoms were very common and all of the symptoms started after I first got covid. The lack of support and understanding has been very stressful. There are many people who have lost their jobs and who didn't have income protection, they're suffering even more. There are also many children who are suffering from this condition. It is disheartening to go to the doctors and see that nobody is wearing a mask, this is very inconsiderate towards people who have a weakened immune system. The same thing happens at the shops: sick people coughing and sneezing without wearing a mask. People should be asked to wear a mask in healthcare settings and crowded indoor places if they are sick or symptomatic - this is because covid is still circulating and the more times you get infected the more likely you are to develop complications. 9.5 million people in the United States have long covid. There are more and more joining the facegroup books every week. The wait times for Clinic 19 has exploded. They can't keep up with demand. They need to be able to be kept as telehealth for people who can't travel to see them.

We need GP's to be trained to be alert for the symptoms of long covid so that people can get timely support. Their needs to be a National Register of practitioners who have experience and knowledge in treating long covid patients, workplaces need to be made aware of the prevalence of long covid so that staff can be supported to recover fully and adjustments can be made for the and schools also need to understand that many children as suffering from long COVID and they too need to be supported as well as their families.

Forcing teachers to go back to work when everyone else except health care workers were asked to stay home and stay safe is something that made us feel totally expendable. As teachers we have record numbers of staff going on leave or resigning because they are utterly exhausted more research needs to be done on the biomedical level building on

research that has already been completed overseas. We need 2 develop new guidelines on how to treat long covered based on clinical trials that have already happened overseas.

I can also say that the best treatments for [REDACTED] has been taking H1 and H2 antihistamines, Low dose naltrexone and a low histamine diet. Patanol eyedrops have been good for brain fog and CBD oil has been good for sleep. A lot of people develop leaky gut and there are supplements and dietary guidelines that can help with this. Traditional Chinese medicine seems to help a lot of people as they have a very long history of treating post viral illness, as do naturopaths. There are other mast cell stabilisers that have worked like nigella sativa. Nattokinase and serrapeptase have been good in breaking down the amyloid fibrin microclots. CoQ10 is great for fatigue and Vitamin TTFD B1 and nicotinic acid have been really good for fatigue as well. Vitamin D and C are essential. A very high protein diet helps. Getting morning sun is important, grounding, IR saunas, cold water therapy, HELP apheresis, IVIG therapy, all have shown good results in many patients. GPs should have all this information in their arsenal.