

## Submission to COVID-19 Response Inquiry

I am a [REDACTED] with no prior health issues and since my first COVID infection in [REDACTED] I have been disabled and unable to work, with [REDACTED]

Even though I was aware about Long COVID prior to my first infection, I was under the impression that it was a continuation of cold symptoms, like a prolonged cough or some lingering fatigue.

Instead I have struggled [REDACTED]

I am severely disappointed in the lack of **public health messaging about Long COVID**. Had I known about the potential long term effects I may have been able to reduce my exposure, or not pushed myself to go back to work during my recovery which set me back considerably.

Having developed Long COVID I've since learned that it is not uncommon for people to develop chronic, debilitating health conditions as a result of a viral infection. These health conditions include ME/CFS, dysautonomia and many autoimmune conditions.

It is imperative that to prepare for future pandemics, as well as support those still affected by COVID, that the **Australian government invest in research to develop treatments for these infection associated chronic conditions**. Some repurposed and over the counter treatments have alleviated my symptoms to a minor degree, but not enough to return me [REDACTED] my previous life.

**Improving ventilation and air filtration standards**, especially in health care and public settings would also allow me to more safely navigate indoor areas, as a COVID re-infection has a high chance of further disabling someone disabled by Long COVID. This would also help to prepare Australia for a future pandemic, and reduce the incidence of general illness in the community.