

To: [Committee, Health \(REPS\)](#)
Subject: Form Submission - Inquiry into Long Covid and Repeated Infection Submission
Date: Saturday, 15 October 2022 8:18:43 PM

: In 2020, my experience was 8 weeks sicker than I've ever been, unable to visit a Doctor in person since I had covid symptoms. I'm nearly positive my daughter brought it home from school - her friend had returned from overseas days before she got sick. My husband was also sick for 3 weeks. Both children were sick for 2-3 days. For the rest of the year I had chest pains, brain fog to the point of forgetting the names of people I sat beside at work and horrible coughing fits (reliever puffer 30+ times a week). Worsened arthritis/joint pain. No energy at all and no help or diagnoses.

In 2022, despite masking at work my second child brought covid home. It took 3 weeks to move through the whole family and left me with worsened symptoms again.

The gp asked me to take my mask off when seeking help/testing so many times that I have lost all faith in his actually having any covid knowledge or understanding whatsoever.

I am working - not at my best - but almost completely non-functional outside of work to save up any existing energy to get through the next work day.

Now I am doing Telehealth consults with a Dr from a major city who specialises in viruses.

: There have been huge social impacts for my family - friends do not understand continued caution especially with government it's over campaign. I don't have energy to do almost anything, and am unwilling to attend maskless indoor events anyway.

At my job, new this year, this makes socialising impossible.

I also find it difficult to hide my displeasure when continued attendance from sick teachers and students is normalised - this school is infinitely better than my last however almost no one tests. Even if really I'll they my test once, and continued lack of an information campaign from the government means they don't understand that scientifically this is inadequate.

Economically, I have no sick leave and no real ability to cope without any. The exhaustion is too high.

Everyday activities are challenging, due to both the risk especially now isolation is dropped and also even just walking in from my car is too much most days.

: I would like the following:

- better access to paxlovid etc I'm eligible in the US, why not here? Ridiculous.
- safe shopping times requested (for any who wish for increased safety, with long covid already catching covid again is clinically disastrous) - first thing in the morning, fully masked
- exclusion from childcare through to high school for positive cases or symptomatic children
- return of mask mandates indoors for most settings - genuinely not hard and such a reduction of cases and risks
- recommendation to schools, workplaces etc to be covid safe. It's not over and many basic precautions are simple to retain.

- GP information/training about long covid
- better messaging from the government informing people of some of the death and long covid stats, stop pretending it's over and give people the real data
- informed practice for people in government jobs where mask removal may be required e.g. customs - we were requested to all take our masks off at once, told "you don't need them here, there's no covid". We refused and explained we would take them off briefly as the agent was ready to check each picture. This is standard for every other country, why are we so behind with educating our workforce?

I would like the Inquiry to contact me to discuss privacy and confidentiality options for my submission: Yes