

To: [Committee, Health \(REPS\)](#)
Subject: Form Submission - Inquiry into Long Covid and Repeated Infection Submission
Date: Saturday, 15 October 2022 3:23:26 PM

: I do not have personal experience of long Covid and/or repeated Covid infections but I have followed closely the lived experiences of those who have since 2020. I have also followed the scientific understandings of long Covid and likely effects of repeated Covid infections. I believe our current management of Covid is a mass disabling event for mankind.

: Due to my own and my husband's age and health concerns, and a lack of proper PPE and attention to clean air in the workplace, I retired early as a general practitioner. I feel fortunate that we can afford this. Our goal is to avoid any Covid infection and for this, we always wear masks when sharing indoors with others (and minimise the time for this). All our social activities are held outside. This has led to significant social consequences as we don't know anyone directly who is trying to avoid infection. So, the community has lost me as a valued and experienced general practitioner and nearly all my family and friends choose to meet at indoor functions which we don't attend. We no longer attend anything like live performances and no longer travel by plane or other public transport. We only go by car and choose accommodations that are fully self contained such as stand alone cottages. Previously we would have spent a fair bit on entertainment, dining out, travelling, sightseeing etc. Now, we feel it isn't worth either dying or worse, getting Long Covid over.

: The only way to avoid Long Covid and repeated infection is to avoid all Covid infection for all people. The 'Swiss cheese' model of layers of protection remains highly effective and I don't believe we need to return to society wide lockdowns to work. At a minimum, N95 mask wearing when indoors, attention to fresh air circulation with HEPA filtering, quarantine of infected cases until two consecutive RAT tests (that are verified), and contact tracing. People without sick leave must be paid to stay home for however long it takes to become non infectious. Science says this can be up to 14 days. Our Governments must take responsibility for allowing people to think the pandemic is behind us. They should not be permitted to make hugely significant public health decisions at National Cabinet without showing the actual scientific advice which led to the decisions. Not just one letter from the CHO who does not reflect the actual scientists working in the field. We have so many well respected scientists who could form an advisory committee to the National Cabinet but they are ignored. It is disgraceful. I do wonder how our society will afford to look after so many disabled by long Covid.

I would like the Inquiry to contact me to discuss privacy and confidentiality options for my submission: No