



LONG COVID

*Awareness*

WAKE UP CALL



# FOUR YEARS OF LIFE LOST *to* LONG COVID.



## THURSDAY MARCH 14 GIVE CONGRESS A WAKE-UP CALL.

We're contacting Congress to let them know that Long Covid is not going away – so neither are we.

Visit [democracy.io](https://democracy.io) and enter your zip code to find your Congresspersons' contact info.

# LONG COVID ISN'T GOING AWAY... SO NEITHER ARE WE.

"My name is \_\_\_\_\_ and I am your constituent.

Like millions of other Americans, I have Long Covid.

This Friday, March 15, is Long Covid Awareness Day – an observation of four years of suffering while patients wait with no treatments, cures, or hope.

After two years, only 8% of Long Covid patients have regained their health.

We need a Moonshot for Long Covid – \$1b per year for 10 years –to fast-track the path to treatments and cures.

Can we count on [Name]'s support?"





# IF YOU CAN, SHARE YOUR STORY.

**Your lived experience matters – and can make a big impact.** Sharing a few words about the time you've lost, how your life has changed, and what you wish you were doing now can paint a picture that touches people. Don't be intimidated, just speak from the heart!



# FAST FACTS, MARCH 2024

Long Covid currently affects **1 in 15** American adults.

**Over 700,000 people** have left the workforce due to Long Covid – a mass-disabling event.

The journal *Pediatrics* estimates that **5.8 million American kids** suffer with Long Covid.

Long Covid is not just continued Covid symptoms. It also creates **new-onset conditions, systemic dysfunction, organ damage, and cognitive injury.**

**90% of people** who develop Long Covid had a mild initial illness.

There are **0 approved treatments** for Long Covid.



# WHAT CAN I SAY IF I'M AN ALLY?

"My name is \_\_\_\_\_ and I am your constituent.

Like millions of other Americans, I have a [friend / loved one / family member] with Long Covid.

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# EMAILING CONGRESS DO IT WRITE



Visit [democracy.io](https://democracy.io) and enter your zip code to write to your Congresspersons.

# MARCH CALL ACTION FAQ

**Long Covid Awareness Day is on March 15.  
Why are you calling on March 14?**

Many people are hosting and attending Long Covid advocacy events on LCAD; others may wish to spend it in quiet commemoration. We're calling Congress on Thursday to respect the day itself.

**What if I don't agree with something specific suggested in the Call Guide?**

Take what you can use, and leave the rest. Every advocate for Long Covid who raises their voice for awareness is a win for us all. The most important message is that Long Covid is real and is not going away without attention, research, & treatments.







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