

Covid submission

I am a mother and technology professional. I gave up work to care full-time for my children as Covid-19 has been so widespread in childcare and education. I never expected to be a stay at home mum. But with the research about the long-term vascular and neurological effects of Covid-19, I am not willing to take this risk.

Public health messaging.

Because of the lack of public health messaging, I have heard from other families that it is ok to circulate with Covid symptoms if they aren't bothering you, that it's better if it spreads in your household so you all get it, that it's part of early childhood for the family to be sick every other week to "build immunity".

There needs to be more public health messaging about the importance of clean air for reducing illness, what masks do and when to wear them (I'm not asking for mandatory masking, just mask education), the long term effects of Covid on the vascular and neurological systems, the rate of long Covid per infection and the risk of repeat infections, infection periods, the need to RAT test over a few days, that the hygiene hypothesis is false.

If there was effective public health messaging and childcare and educational institutions implemented clean air monitoring and standards I might be able to go back to work. If this was more widespread I might participate in the local economy more, I might travel more.

I am currently considering my long term plans. From what I understand the education system is struggling with labour shortages. More and more people are turning to home education. When will I be able to go back to work?

The pandemic has hugely damaged my trust in past and current government to fulfil their public health responsibilities. There needs to be a way for the Department of Health to respond to future pandemics without their response being politicised. I have seen the way the data and metrics have gradually been hidden from view. Rather than make me forget about the pandemic, it has just made me trust the governments public health response less. I have seen other governments for example the German government make statements on the long-term effects of Covid, I would welcome this from the Australian government. And other governments continue to publish data and move forward on clean air measurement and ventilation. I would welcome this from the Australian government.

I also question why there is no vaccine for under 5's when other countries have made this accessible. And why more hasn't been done to help people stay at

home when they are unwell.