

Dear The House of Representatives Standing Committee on Health, Aged Care and Sport, the Minister for Health and Aged Care, and the Hon Mark Butler MP,

Private and Confidential

RE: INQUIRY INTO LONG COVID AND REPEATED COVID INFECTIONS

I address the below from the “Long COVID and Repeated COVID Infections Terms of Reference”:

THE PATIENT EXPERIENCE IN AUSTRALIA OF LONG COVID AND/OR REPEATED COVID INFECTIONS, PARTICULARLY DIAGNOSIS AND TREATMENT

I am a 32 year old female who tested positive for Covid-19 by PCR on 8.6.22. Prior to this date I was a fit, healthy and high functioning clinical psychologist. Now I am unable to leave the couch, and have required the assistance to write this letter. Long Covid has taken everything away from me; my social, occupational and physical functioning for the last 6 months.

Covid has ruined my life. I have been forced to sell my home due to my inability to work which will not change for the foreseeable future. My condition has not improved even by 1%. Centrelink and NDIS do not offer any financial support due to Long Covid not being recognised, which is astounding for a first world country. The United States have a disability pension for Long Covid.

In my view, I may as well not have arms and legs due to my inability to engage in life, from an inability to cook for myself to an inability to leave the house without assistance.

Symptoms of Long Covid (not exhaustive)

- Dyspnoea
- Anosmia
- Severe fatigue
- Dysgeusia
- Orthostatic hypotension
- Persistent cough
- Sinus tachycardia with palpitations
- Visual disturbance
- Chronic intractable migraine headaches
- Arthralgia
- Intermittent paraesthesia in the right upper limb and right lower limb
- Brain fog with concentration and memory difficulties (short and long term memory problems)
- Sinus pain and inflammation
- Lung pain with phlegm
- Chronic sinusitis

Treatments

I have seen the following specialists for assessments and treatments, however I was advised by all specialists that there are no treatments available for my symptoms (above) of Long Covid. I was

unresponsive to all headache and migraine treatments (medications and Botulin Toxin for Migraine) due to the cause being inflammation from Covid-19.

- Neurologists; including a neurologist specialising in nerve conduction studies
- Immunologist
- Pulmonologist
- Cardiologist
- Ophthalmologist
- Ear, Nose and Throat Specialist

IMPACT OF THE COVID-19 PFIZER COMIRNATY VACCINE ON WORSENERD LONG COVID

Following my third Covid-19 Pfizer in December 2021 I was **hospitalised** for side effects that included:

- Numb and prickly face
- Temporary loss of consciousness
- Tremors
- Myocarditis
- Platelet clumping (coagulated thick blood) on blood tests
- Blood in the urine (kidney injury from the vaccine)
- Pericarditis
- Chronic intractable migraine
- Post-vaccine fatigue
- Orthostatic hypotension
- Vertigo
- Sinus tachycardia

The above side effects were **temporally related to the Pfizer Comirnaty vaccine within hours of administration.**

Of note, was the post-vaccine side effects not causing total incapacitation until I contracted Covid-19. Post-vaccine I could work part-time seeing 2 clinical psychology clients per day instead of 8 per day. I was able to manage to stay employed until I contracted Covid-19 in May 2022.

The side effects of the Pfizer Comirnaty vaccine were **NOT HEALED** at the time of contraction of Long Covid. I believe that if I had not had the Comirnaty vaccine that I would not have contracted long covid, due to the severe debilitating effects of the vaccine. I had no health issues prior to vaccination.

I look forward to the results of the Inquiry.