

To: [Committee, Health \(REPS\)](#)
Subject: Form Submission - Inquiry into Long Covid and Repeated Infection Submission
Date: Saturday, 15 October 2022 7:05:05 PM

: I have been unable to get any diagnosis of long Covid. The ongoing brain fog, breathless and heart palpitations are ignored by the GP. They say it will get better. Give it time. It's been 4 months since my Covid +.

: It is impacting my work as I can't think clearly. The brain fog is terrible. The breathlessness also impacts my work as I often have to walk long distances or up and down stairs. This has become a lot harder since Covid.

: I would like to see more education provided to the GP about long Covid and how best to treat it. I would like to see some public education campaigns on the best way to prevent catching covid as well as what to do if you have long covid. What is the best way to manage the brain fog? With the breathlessness and heart palpitations, is it best to rest or should I exercise more? We need effective public health messaging.

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