

**To:** [Committee, Health \(REPS\)](#)  
**Subject:** Form Submission - Inquiry into Long Covid and Repeated Infection Submission  
**Date:** Saturday, 15 October 2022 5:57:03 PM

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: I tried my best to avoid catching SARS. I wore an N95 everytime I was indoors but I still caught it (while outdoors exercising). I have since developed a cardiac arrhythmia and am awaiting further investigation. I am concerned this virus has affected my heart long term. I have seen the rise in sudden deaths that have been attributed to cardiac causes and I am worried about how this will affect me long term.

: I have not been able to exercise at the level I was at previously. I am worried that my heart health has been affected and that exercising and pushing through could lead to long term damage. It has affected my mental health.

: I would like to see a coordinated public health response. This current response where we have given up trying to suppress transmission will only lead to more illness and societal disruption. We will reintroduce public health measures eventually out of necessity, but it is heart breaking to know how many more people will suffer before this happens.

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