

# Long COVID Disability Demonstration

## AGENDA

11:00

Welcome

[Long COVID is Airborne AIDS.](#)

Long COVID is a multi-systemic disease following a COVID infection, this includes severe, mild, or asymptomatic infections. Long COVID can occur in young and healthy people, including children. \*Long COVID Kids Day

The wide range of symptoms and conditions caused by Long COVID can last for weeks, months, or years - potentially permanently.

There are currently no proven treatments or cures for Long COVID.

*You can't get Long COVID w/o COVID*

[disability numbers](#)

[70% of community transmission comes from children in school](#)

[IAQ in schools](#)

Apply for Corsi-Rosenthal Boxes for Classrooms  
Grant provided by [cleanairk12.com](#)

[mdlongcovid.org](#)

11:15

Personal stories

12:00

Moment of Silence

12:05

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Personal Stories

12:45

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Thanks

Let today be a step, maybe the first or maybe one of many, but keep it up, get involved, and keep pushing forward 🦊

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## **Resources**

<https://www.longcovidawareness.life/>

<https://www.longcfoundation.org/>

<https://care.phan.global/>

<https://helpforlongcovid.com/>

<https://airsupportproject.com/>

<https://masktogetheramerica.org/>

<https://www.rthm.com/>

<https://miaqa.org/>

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## **Long COVID ICYMI**

### **25 Health Outcomes from SARS-CoV-2 Infection**

#### *Severe or Life-Threatening Acute Outcomes*

1. Death
2. Acute Respiratory Distress Syndrome (ARDS)
3. Respiratory failure requiring mechanical ventilation
4. Septic shock or cytokine storm
5. Multi-organ failure
6. Severe pneumonia
7. Pulmonary embolism
8. Stroke
9. Heart attack

10. Cardiac arrest

### *Major Cardiovascular Complications*

11. Myocarditis

12. Pericarditis / myopericarditis

13. Arrhythmias

14. Heart failure

15. Stress cardiomyopathy

COVID-19 can directly damage the cardiovascular system or trigger immune-mediated inflammation affecting heart tissue and rhythm.

### *Neurological and Cognitive Outcomes*

16. Brain damage

17. Stroke

18. Encephalitis or neuroinflammation

19. Peripheral neuropathy or nerve damage
20. Persistent migraines or neurological dysfunction

Neurological effects may result from inflammation, clotting abnormalities, or viral effects on brain tissue.

### *Long-Term Pulmonary and Systemic Damage*

21. Pulmonary fibrosis
22. Chronic shortness of breath / reduced lung function
23. Venous thromboembolism
24. Chronic fatigue syndrome–like illness
25. Long COVID / Post-COVID condition

Long COVID alone can involve hundreds of symptoms affecting multiple organs, lasting months or years after infection.

 Key scientific takeaway:

COVID-19 is a systemic vascular, cardiological, neurological, and inflammatory disease capable of

damaging lungs, heart, brain, and immune pathways, with some effects persisting long after the initial infection - as well as being oncogenic.

## **10 Disabling Long COVID Conditions**

### **1. ME/CFS-like illness**

- Severe **post-exertional malaise**
- Profound fatigue not relieved by rest
- Cognitive dysfunction and autonomic problems
- Many patients become **unable to work or perform normal activities**

This condition appears in **10–30% of long-COVID cases in some cohorts** and is considered one of the most disabling outcomes.

### **2. Post-Exertional Malaise (PEM)**

- Worsening symptoms after even minor activity
- Crashes lasting **days or weeks**
- Limits physical activity and rehabilitation

PEM is a hallmark of severe long-COVID and strongly predicts disability.

### **3. Brain Damage**

- Memory impairment
- Slowed thinking
- Executive dysfunction
- Difficulty concentrating

Studies show measurable **reductions in cognitive performance comparable to decades of aging** in some patients.

### **4. Dysautonomia / Postural Orthostatic Tachycardia Syndrome (POTS)**

- Abnormal heart rate when standing
- Dizziness, fainting, palpitations
- Exercise intolerance
- Brain fog and fatigue

This autonomic nervous system disorder can significantly impair daily functioning.

## 5. Severe Chronic Fatigue

- Persistent exhaustion unrelated to activity
- Often overlapping with ME/CFS
- One of the **largest predictors of reduced employment** in long-COVID cohorts.

## 6. Persistent Dyspnea and Lung Dysfunction

- Shortness of breath
- Reduced oxygen capacity
- Abnormal pulmonary function tests
- Reduced exercise tolerance

Some patients show **lasting lung damage or vascular impairment**.

## 7. Chronic Pain Syndromes

- Muscle pain

- Joint pain
- Neuropathic pain
- Fibromyalgia-like symptoms

Chronic pain contributes significantly to long-term disability and reduced mobility.

## **8. Peripheral Neuropathy / Small Fiber Neuropathy**

- Burning pain
- Tingling or numbness
- Temperature sensitivity
- Autonomic dysfunction

Nerve damage may be linked to **immune-mediated inflammation** after infection.

## **9. Severe Psychiatric or Neuropsychiatric Sequelae**

- Depression
- Anxiety disorders

- PTSD-like symptoms
- Cognitive-emotional dysfunction

These can result from neurological injury, inflammation, or prolonged illness.

## **10. Persistent Cardiovascular Dysfunction**

Includes:

- **Myocarditis**
- **Arrhythmias**
- **Heart failure**
- **Microvascular damage**

Cardiac complications can cause chronic fatigue, chest pain, and exercise intolerance.

## **Key Scientific Insight**

Long-COVID disability often arises not from a single symptom but from **multi-system dysfunction**, particularly involving:

- **Energy metabolism**
- **Autonomic nervous system**
- **Neurological processing**
- **Immune dysregulation**
- **Microvascular circulation**

This combination can produce **functional limitations comparable to chronic diseases such as multiple sclerosis (which can even be triggered via EBV reactivation) or rheumatoid arthritis in severe cases.**

 **Important perspective:**

Many people with Long COVID experience **milder symptoms**, but another subset develops **severe, disabling multi-system illness** that can persist for **years and perhaps permanently.**

**The 5 biological mechanisms scientists now believe are driving Long COVID disability** (viral persistence, microclots, immune dysregulation, mitochondrial dysfunction, and nervous-system damage).

