

Long COVID has been linked to the new onset of multiple conditions including, cardiovascular disease, type 2 diabetes, dysautonomia, and myalgic encephalomyelitis/chronic fatigue syndrome.

I'm vaccinated, so why should I worry about COVID?

Vaccination provides some protection against severe acute illness from COVID-19. However, vaccination will not prevent the transmission of COVID-19, and there still is not a guarantee that a COVID vaccine will protect you from Long COVID.

It's also important to note that COVID vaccines are not accessible to everyone.

The rapid mutation of SARS-COV-2 variants means that control of COVID-19 through vaccination is difficult, and herd immunity is impossible. As long as COVID-19 is spreading and mutating, the risk of Long COVID accompanies it.

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**FREE COVID TESTS
AND MASKS**

We distribute rapid antigen tests, KN95 respirator masks, and educational materials around Salt Lake!

To find the request form, scan the QR Code or find the link in our bio! @SLCCovidEd on Instagram



SOURCES

~~Long Covid~~ — CDC

<https://www.cdc.gov/nchs/covid19/pulse/long-covid.htm>

~~Long COVID in transgender and gender nonbinary people in the United States~~

<https://doi.org/10.1038/s41598-024-84519-5>

~~Long COVID Basics~~

<https://www.cdc.gov/covid/long-term-effects/index.html>

~~Long COVID is a trans issue~~

<https://longcovidjustice.org/trans/>

~~Why Are Trans People at Higher Risk of Long COVID?~~

<https://www.transresearch.org.au/post/long-covid>

**LONG COVID is a
TRANS ISSUE!**

**What is Long
COVID?**

**What do we mean it's
a Trans Issue?**

**What can you do
about it?**

**COVID isn't over. It's
not too late to take
precautions again.
Stay informed!**

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What is Long Covid?

We're so glad you asked!

Long COVID is defined as a chronic condition that occurs after COVID-19 infection and is present for at least 3 months. Long COVID includes a wide range of symptoms or conditions that may improve, worsen, or be ongoing.

"As a disabled person, I feel increasingly isolated from abled queer and trans community members who are taking less and less precautions to keep vulnerable community members safe."

People can be reinfected with COVID-19 multiple times. Each time a person is infected with COVID-19, they have a risk of developing Long COVID. With each reinfection, the risk of Long Covid accumulates.

These symptoms and conditions can range from mild to severe and often result in chronic disability.

What can you do to protect yourself and others from Long COVID?

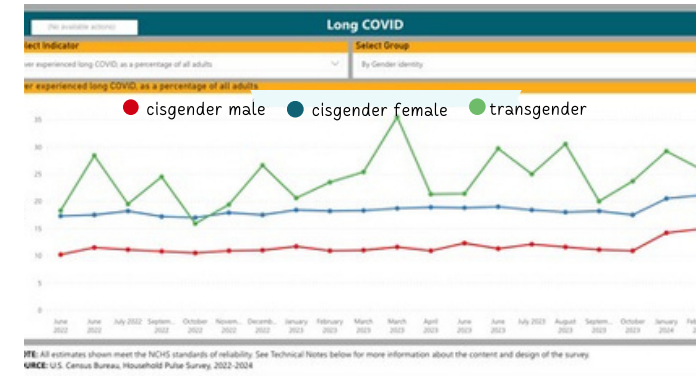
Taking steps to mitigate risk of COVID-19 infection is the best way to prevent Long COVID.

- Wearing a KN95 respirator mask when around other people. (surgical and cloth masks are not as effective at reducing the spread of COVID)
- Using HEPA air purifiers
- Frequent testing and contact tracing
- Isolating when exposed or COVID positive
- If you do get sick or test positive for COVID-19, rest is ESSENTIAL!

Every time you get COVID, your chances of it turning into long COVID gets even higher.

Trans people have some of the highest rates of Long COVID!

The US Household Pulse study by the Census Bureau is run every three months. And every single time, except for one tiny blip, trans people have the highest rates of Long COVID and associated diseases:



There isn't a lot of information about why some people's COVID-19 infections turn into Long COVID while other's don't. ANYONE can get Long COVID at ANY TIME. However, the major factors that put people at higher risk of Long COVID is their risk of an initial infection of COVID-19, their ability to rest in the initial infection, and their access to adequate healthcare.