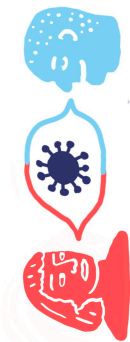


What is life like with Long Covid?



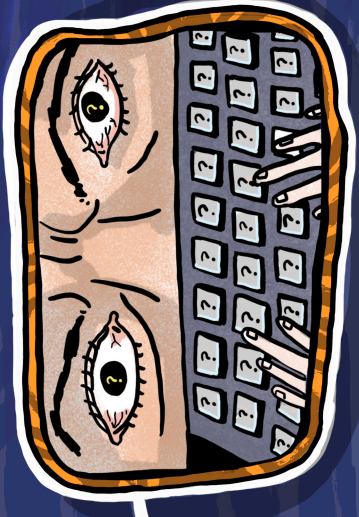
Sense of Self

'Losing autobiographical memories of decades or days ago means you start to lose the sense of who you are, struggle to find enthusiasm for life, now mourning my old life. I am a hugely dulled and dialled down version of my previous self'



At Work

'I'm unable to read effectively and miss words and letters when writing. When I try to use a laptop too many words to distract. [Long Covid] It affects my work life. I am about to give up on my job as I've had so much sick leave. I guess it's up to my boss to decide'



'We had gone to London, walking up the stairs of the tube station I had my first panic attack. And the minute I couldn't breathe and I'd got hot breath, it took me back to when I thought I was going to die on the stairs at home before I went to hospital'



Getting Around



'Ten months on I am now better able to predict some of the impacts of any activity...'

At Home

'Opening a packet of crisps uses as much energy as making a full meal. No energy to do even the smallest of household tasks. So, my partner pretty much took over all of the cooking, and cleaning, and house management'



This poster is part of an illustrated series inspired by the stories shared in interviews for the REACT-LC study and via the Defining Long Covid activity on the VOICE Long COVID Hub.

Thank you to all those who shared their experiences with us. Illustrations and design by Monique Jackson.



Imperial College
London

Voice