

The image is a collage on a dark green background. On the left is a large circular logo for 'GREAT MANCHESTER HAZARDS CENTRE' with a red and white hexagonal pattern. To the right are several newspaper clippings: one from 'Outbreak' with a Mona Lisa image, one from 'Morning Star' with the headline 'Damning report into government Covid-19 response finds 'worst public health failure ever'', and one from 'The Guardian' with the headline 'UK's Covid failings among worst in history - inquiry'. Below the clippings, the text 'Long - Covid' is written in a white, italicized font. At the bottom right, the name 'Janet Newsham -' and email 'janet@gmhzards.org.uk' are listed.

Yesterday a report was released by two UK Parliament committees saying that the UK's response to the pandemic has been the 'worst public health failure ever'

The UK has been the worst in Europe and one of the worst in the developed world

They have failed to put public health measures in place to protect its citizens and failed to enforce workplace mitigation to protect workers

None of the UK Governments have been exemplary in their response

All have death on their hands and as a result of not controlling the transmission and infection rates have been complicit in leaving thousands of their citizens including children with Long Covid

Our experience

- Employers have failed to control the risks to workers health and no enforcement of h&s law
- Workers exposed to Covid, becoming ill and developing acute long term symptoms
- Not all of them were diagnosed, tested or treated in hospital
- Numerous examples of people double vaccinated contracting Covid and being left with long-covid
- Workplaces ignored as epicentres of infection
- Children and young people developing long-covid after exposure in hotbed of infection
- Mass infection strategy in schools
- Mitigation has been ignored and excused
- Workers health is public health is workers health!

Testing was not available in the first wave in early 2020.

Positive test is **not required** for clinical diagnosis of Long Covid

NICE guidelines now recommend referral to Long Covid clinics **after 4 weeks** of acute Covid (NHS England guidance has been 12 weeks)

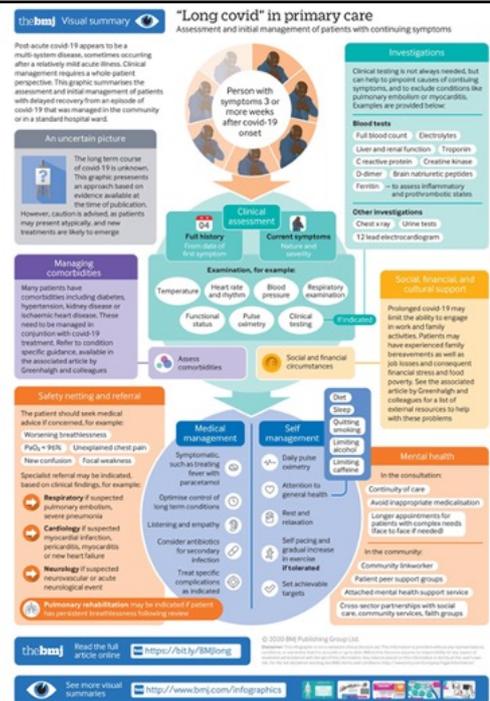
Long Covid clinics are **not yet universally accessible**. Diagnosis, treatment and Rehabilitation are **lagging**, and waiting lists are long

Long-Covid

- Disproportionate impact of:
 - Exposure to Covid-19
 - Infection from Covid-19
 - More acute symptoms from Covid-19 infection

39 (31%) patients had altered mental status, which included 16 (13%) with encephalopathy (of whom seven [6%] had encephalitis), and 23 (18%) with a neuropsychiatric diagnosis, including ten (8%) with psychosis, six (5%) with neurocognitive (dementia-like) syndrome, and four (3%) with an affective disorder. Notably, 77 (62%) patients had a cerebrovascular event: 57 (46%) ischaemic strokes, nine (7%) intracerebral haemorrhages, one (<1%) CNS vasculitis, and ten (8%) other cerebrovascular events.²⁵

[https://www.thelancet.com/journals/laneur/article/PIIS1474-4422\(20\)30221-0/fulltext](https://www.thelancet.com/journals/laneur/article/PIIS1474-4422(20)30221-0/fulltext)



In the UK, for example, an estimated 945 000 people (1.5% of the population) had self-reported long COVID on July 4, 2021, according to the UK Office for National Statistics, including 34 000 children aged 2–16 years. Prevalence was greatest in people aged 35–69 years, girls and women, people living in the most deprived areas, those working in health or social care, and those with another activity-limiting health condition or disability.

[Longcovid.org](https://www.facebook.com/groups/longcovid) founded in May 2020, in the first wave as a peer support and advocacy group

<https://www.facebook.com/groups/longcovid>

has 38.8K members including international

Other organisations

Long Covid Kids

Long Covid Wales

Long Covid Scotland

Long Covid NI

Covid-19 research involvement group

Long Covid Physio [longcovid.physio](https://www.longcovid.physio)

About Long Covid



Polina Sparks – Long Covid Support Group

People with Long Covid, both hospitalised and non-hospitalised are likely to suffer from stress (potential PTSD) and anxiety.

There can be physiological causes of **brain fog** and **fatigue** including thyroid dysfunction, micro blood-clots in the brain, dips in blood oxygen etc.

Learning curve. When symptoms are unexplained and physiological causes unknown, it can be tempting to look for mental health reasons

Long Covid patients struggle with disbelief and being told their symptoms are "anxiety"

BUT

Negative test results are NOT an "All Clear"

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In a recent study published in Lancet in a cohort of 236,379 people after 6 months of being diagnosed with Covid-19 33.6% had an estimated incidence of psychiatric or neurological diagnosis (46.42% for those admitted to ICU) These included ischaemic strokes, haemorrhages, parkinsonism, dementia, anxiety disorders 17.39% (ICU:

19.15%), psychotic incidents 1.4% (ICU 2.77%)

POTS is common among Covid-19 survivors as well as carers and NHS staff

What needs to be put in place, what else needs to happen?



Good practice



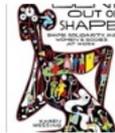
Individuals

Access to tests/specific treatments/ rehabilitation
Individual risk assessments
Reasonable adjustments / passports
Flexible working options/ phased returns
Homeworking/adjusting tasks to ability
Suspension of sickness/absence penalties



Managers/employers

Training and understanding of illness – physical and mental
Supportive management
Job retention not job rejection
Not management discretion but balancing needs



What else needs to happen?

- Other issues
 - Disproportionate impact on different workers needs understanding and rectifying
 - Impact of stress
 - Improving occupational health / occupational strategy
 - Recognition that long-covid is prescribed disease IAC
 - All workers that were / are exposed
 - Continuing with more people exposed, more people becoming ill and recurrent illness implications
 - Precautionary/ preventative - ventilation and PPE
- Infection control in workplaces
- Building designs to support good workplaces
- Caring for dependants
- Crisis for future work – unable to return
- Enforcement of H&S

