

LONG COVID LIVES

Chapter 3 of 3

Long Covid Lives

Chapter 3 of 3: Finding ways to live with it

These are stories of what it is like to be a young person living with Long Covid, created in collaboration with those who have experienced it.

They are based on 72 young people's accounts generated through interviews with researchers. No individual characters represent one story – we have brought different people's stories together to represent multiple experiences.

Previously...



Rowan: Rowan (they/them) is experiencing ongoing health impacts from Covid-19 but struggled to get a GP appointment so isn't exactly sure what is going on for them. They are still going to work as an early-years practitioner to pay the rent but have to use all their time off work to rest. **This time**, they find ways to adapt their life with little support. This includes working out which friends to keep close, and who to create more distance from.



Elena: Elena (she/her) struggled to access any support for her experience of Long Covid, and her single mum couldn't afford to take her to private care. **This time**, Elena tries to go back to school but finds that it is not very accommodating. After speaking with other young people with Long Covid, she finds some new things to try. It's not all a smooth ride, but these things help a little.

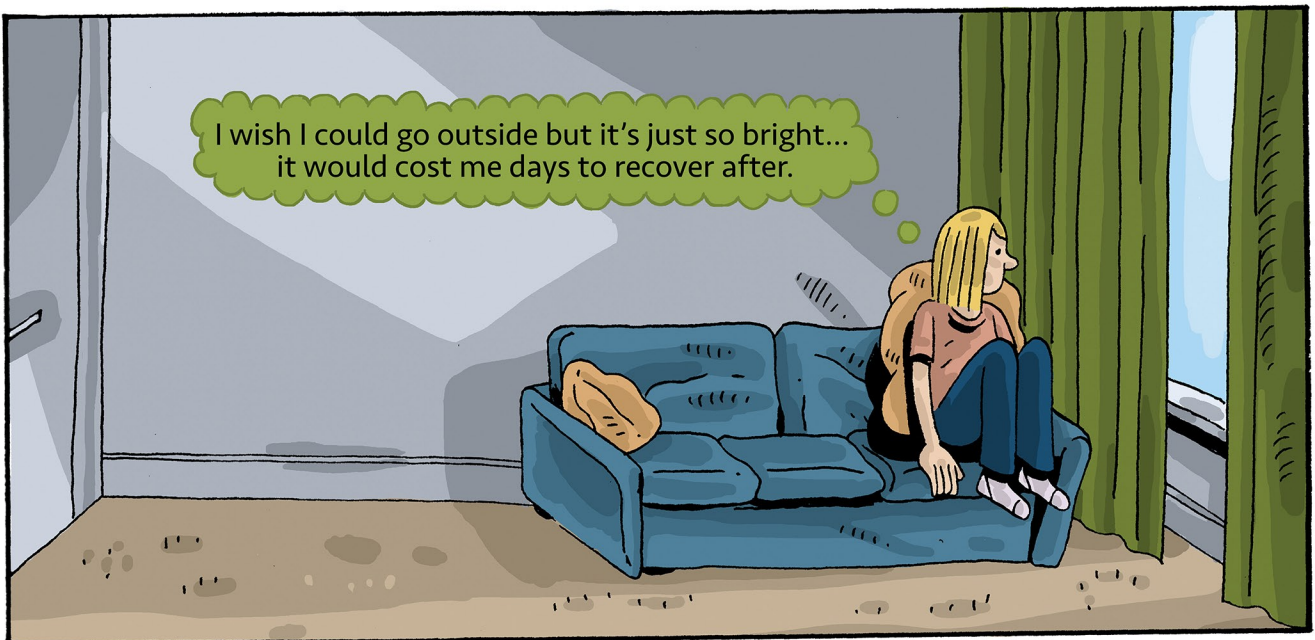


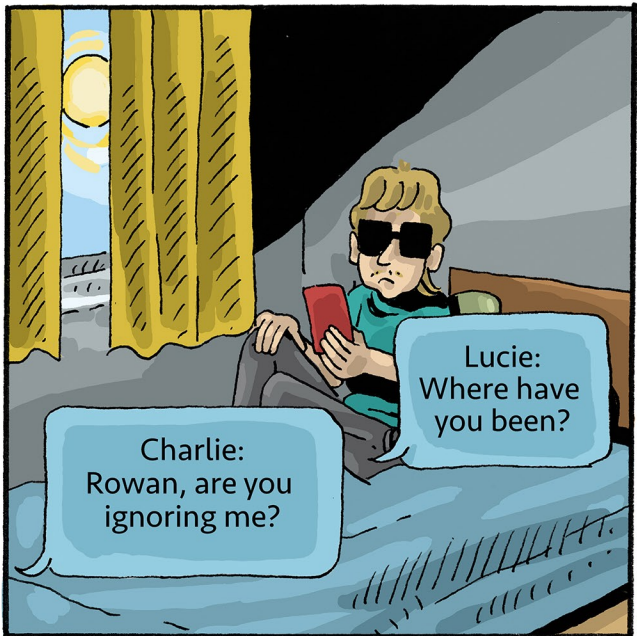
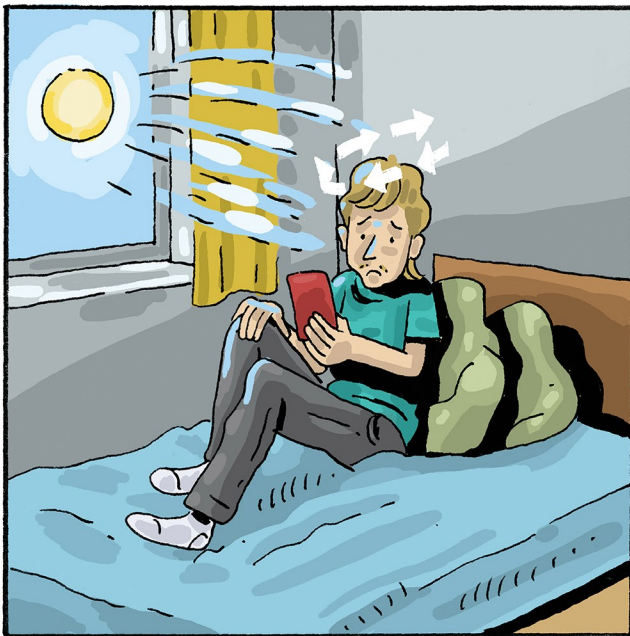
Lacey: Lacey (she/her) finally got a Long Covid diagnosis, but only after feeling gaslighted by doctors in A&E and having to hide any experience of anxiety and depression that came about as a result of experiencing chronic illness. **This time**, Lacey questions her identity now she can't do the things she used to do. After talking to young people with Long Covid online, she explores new hobbies that work with her health needs.

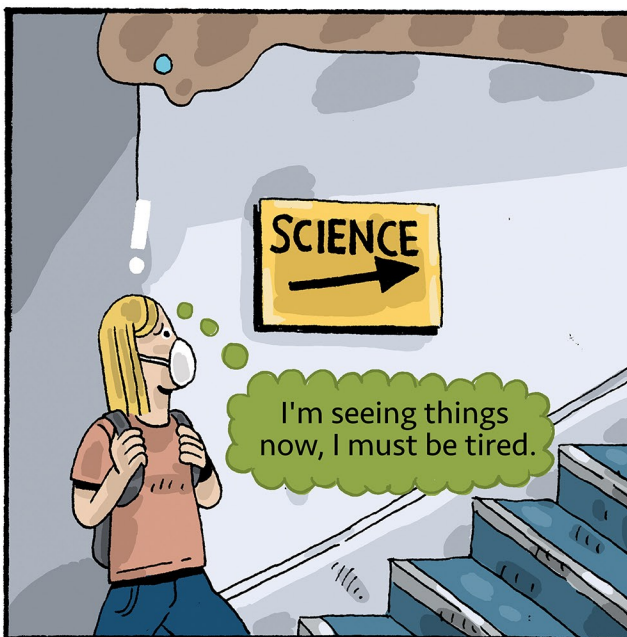
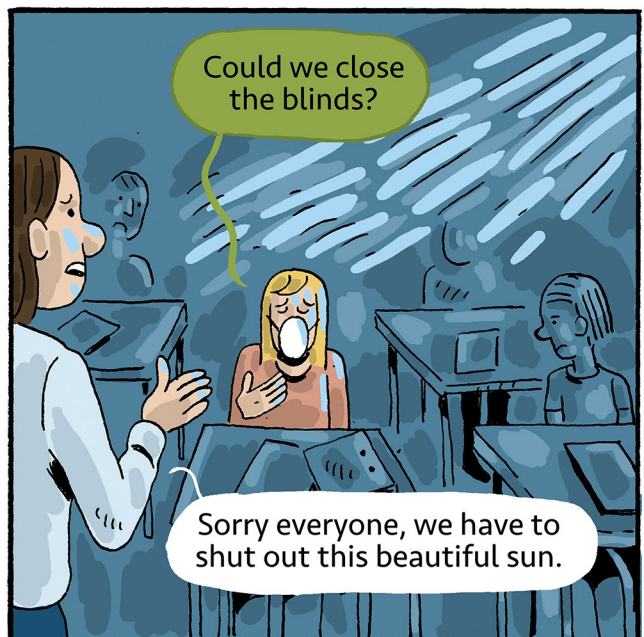
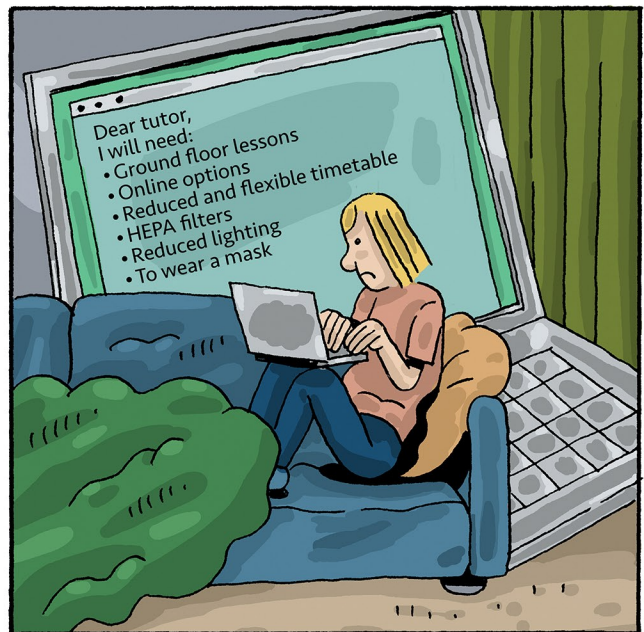
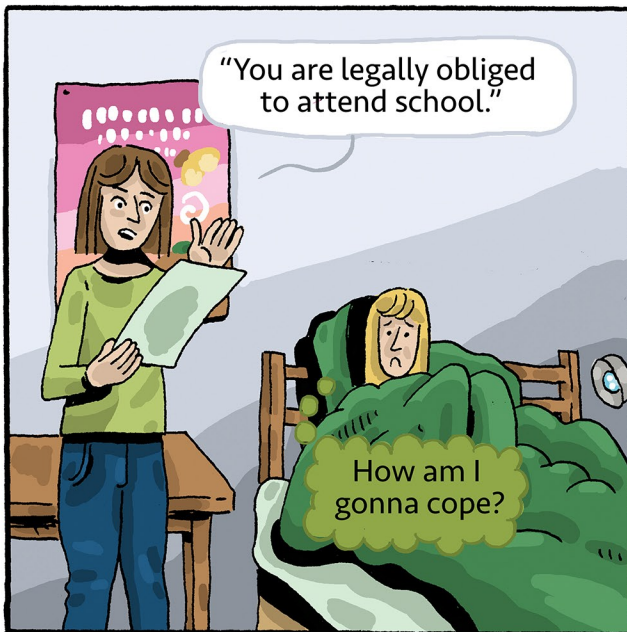


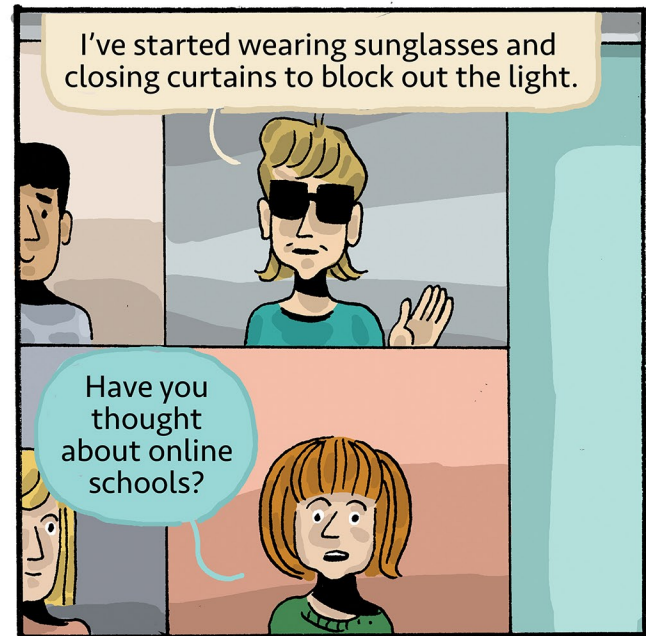
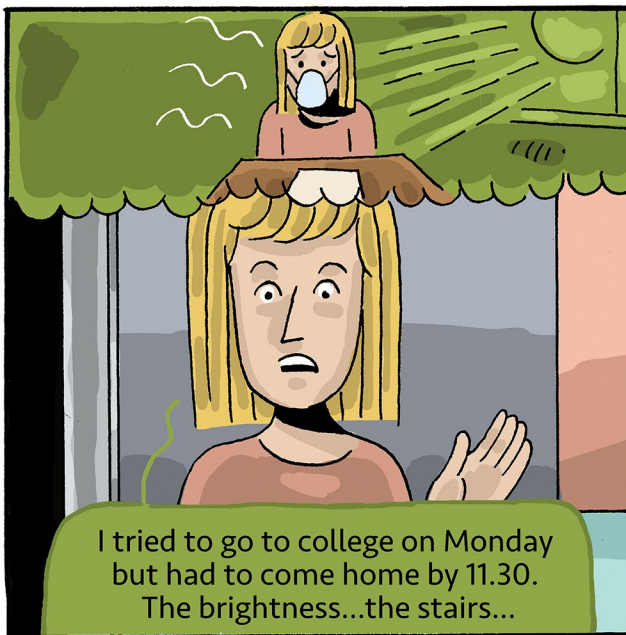
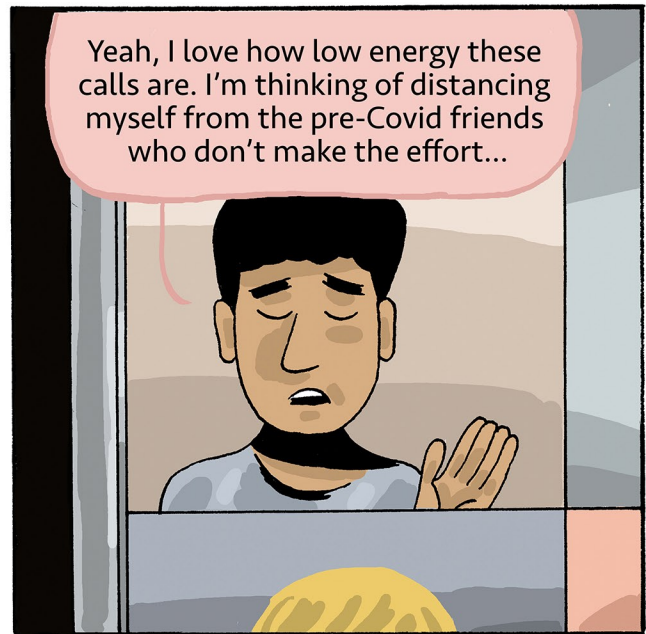
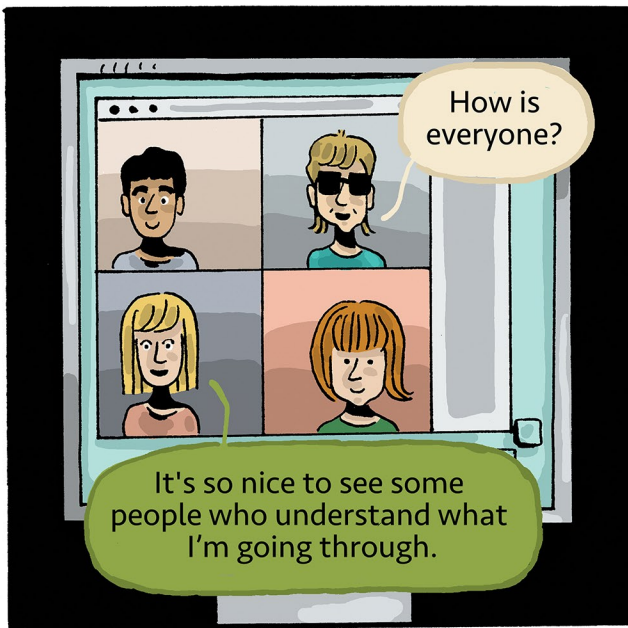
Santi: Santi (he/him) learnt the difficulties of managing the dual impact of mental health and chronic ill health and **this time** meets the others online and shares what he has learnt living with Long Covid.

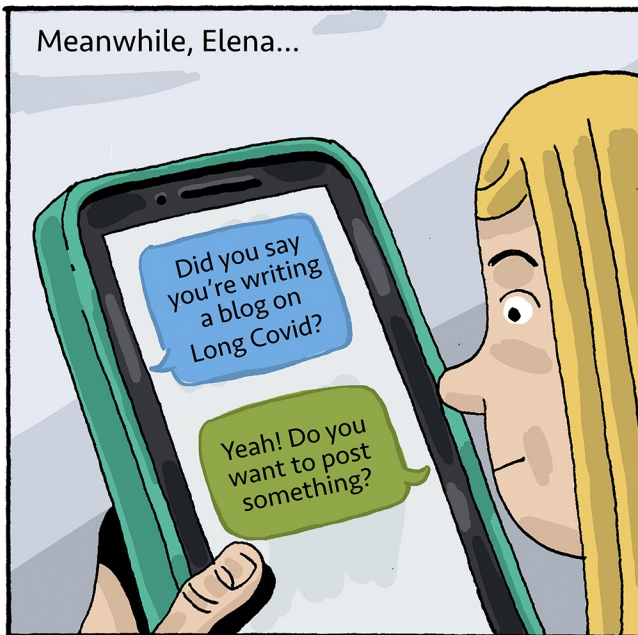
Content warning: *This chapter contains stories relating to illness experience and mental health. The things said by characters (including doctors) relate to real experiences, but do not constitute medical advice. For advice on how to manage Long Covid, visit: www.longcovidkids.org. Scan the QR code on the back cover for a glossary of key terms.*

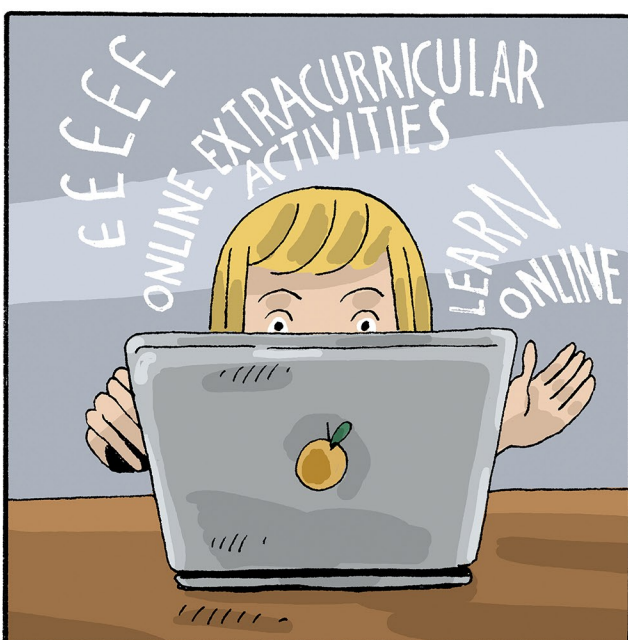
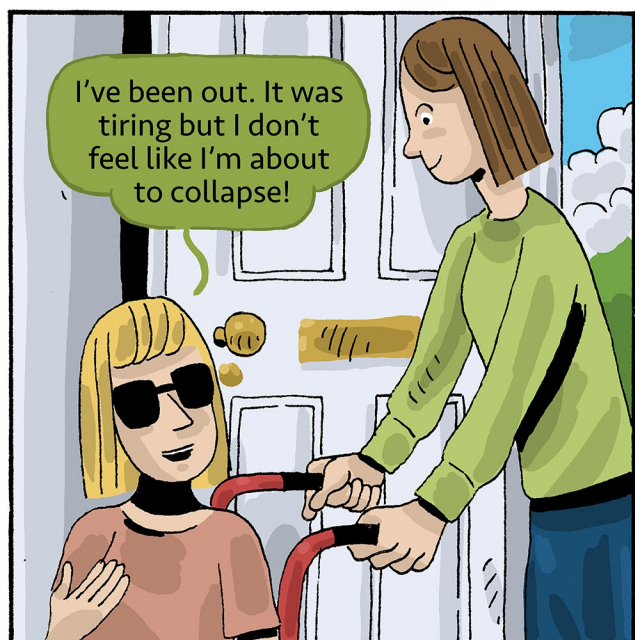
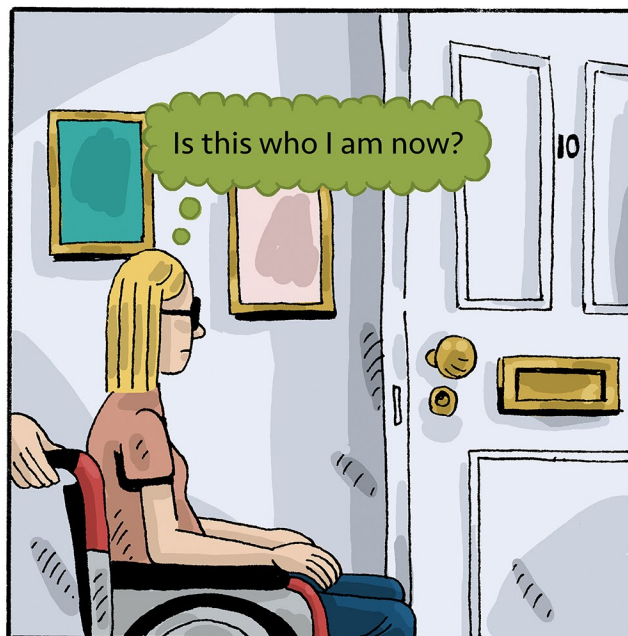


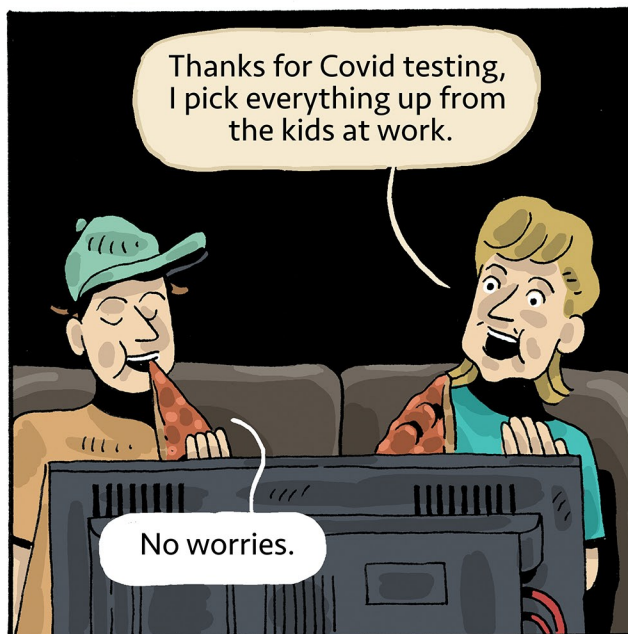




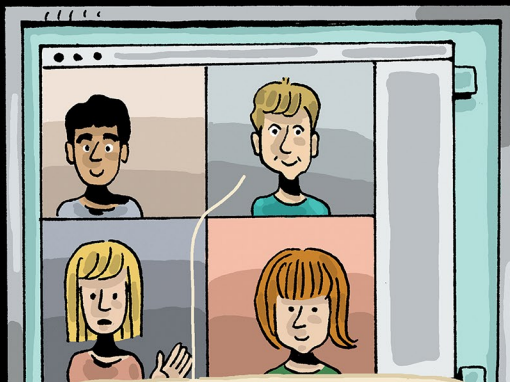








Another Online Meet Up...



Santi, you were so right about finding out who your real friends are, and prioritising how you spend your energy.

Yeah recovery feels far off but it's surprising how the small things really help along the way. I don't always get it right though...



I have good days and bad days. It's not the life I'd want to lead, but I've found some ways to make the best of what I've got.



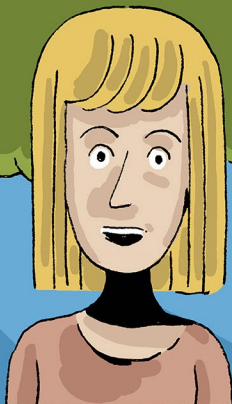
I honestly feel like a completely different person now. Some good amongst the loss.

Life has changed...

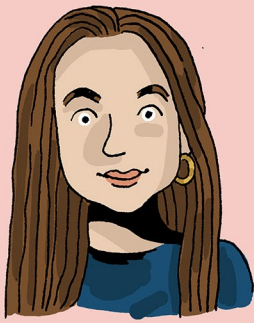
And there isn't enough help...

We've found ways to adapt...

But more support is needed.



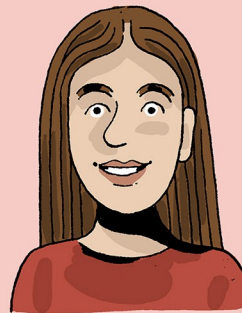
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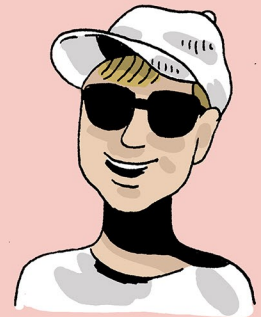
A. Haynes



Cal Bloodworth



Eden Byrne



William George



Emily Miller



Hannah Cowan



Juliette Gunn-Roberts



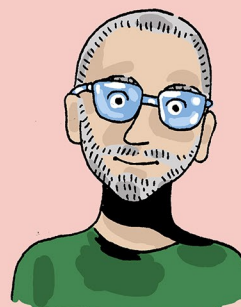
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Long Covid Lives

Credits

Produced from research by:

Covid Made Long Project, London School of Hygiene and Tropical Medicine



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Long Covid Lives is a three-part graphic series which explores the lived experiences of young people living with Long Covid. It is based on a research project where young people were interviewed about their experiences. Our research shows that young people living with Long Covid can struggle to access care and support as well as to have their voices heard.

Part One explores the difficulties young people experiencing a range of ongoing symptoms face in being believed and accessing care and support. Part Two explores the multiple, varying impacts of Long Covid and the pandemic on young people's lives, and how the care available is often fragmented, failing to see young people's illness experience as a whole. Part Three explores how, despite the challenges of chronic illness, young people adapt and remake their worlds in order to live with Long Covid.

Long Covid Lives has been illustrated by Daniel Locke and produced by PositiveNegatives from research undertaken by the Covid Made Long Project at the London School of Hygiene and Tropical Medicine in partnership with Imperial College London, Long Covid Kids, and Long Covid Support.

Visit: www.lshtm.ac.uk/research/centres-projects-groups/covid-made-long
Contact: Tim.Rhodes@lshtm.ac.uk

See our lived experience glossary: <https://www.lshtm.ac.uk/covid-made-long#resources>

