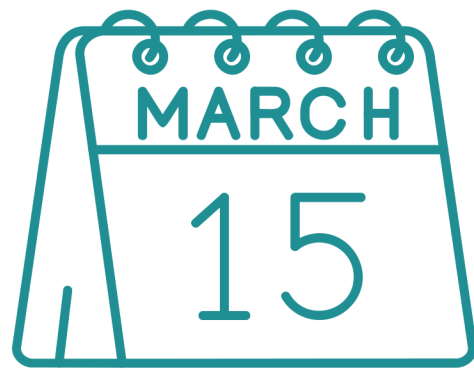


Raise awareness on International Long COVID Awareness Day March 15 2024

1. On 15th March



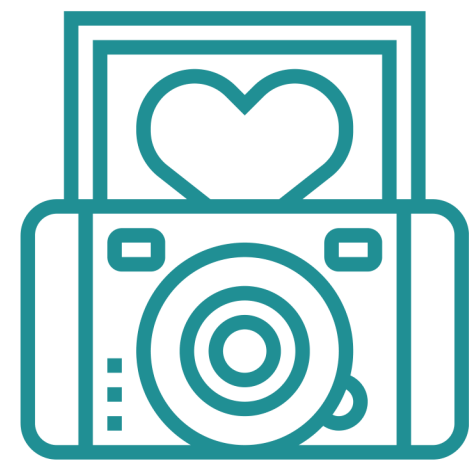
2. At 3pm



**3. Lie yourself
down**



4. Take a selfie

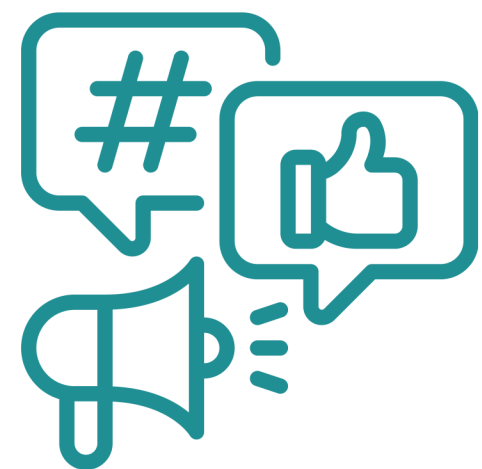


**5. You can choose
to add your Long
COVID story**



then

...



**6. Post to your social media with
#WakeUpToLongCovid
@LongCovidSupportAustralia**

**#WakeUpTo
LongCovid**



**Long COVID
Support Australia**

