

# **Long Covid Awareness Day & Month 2026**

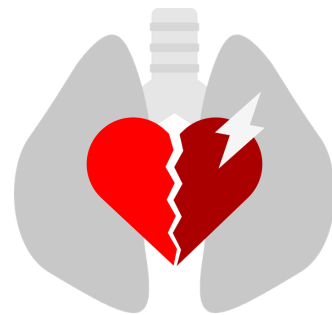
International Long Covid Awareness



# INTERNATIONAL LONG COVID AWARENESS DAY

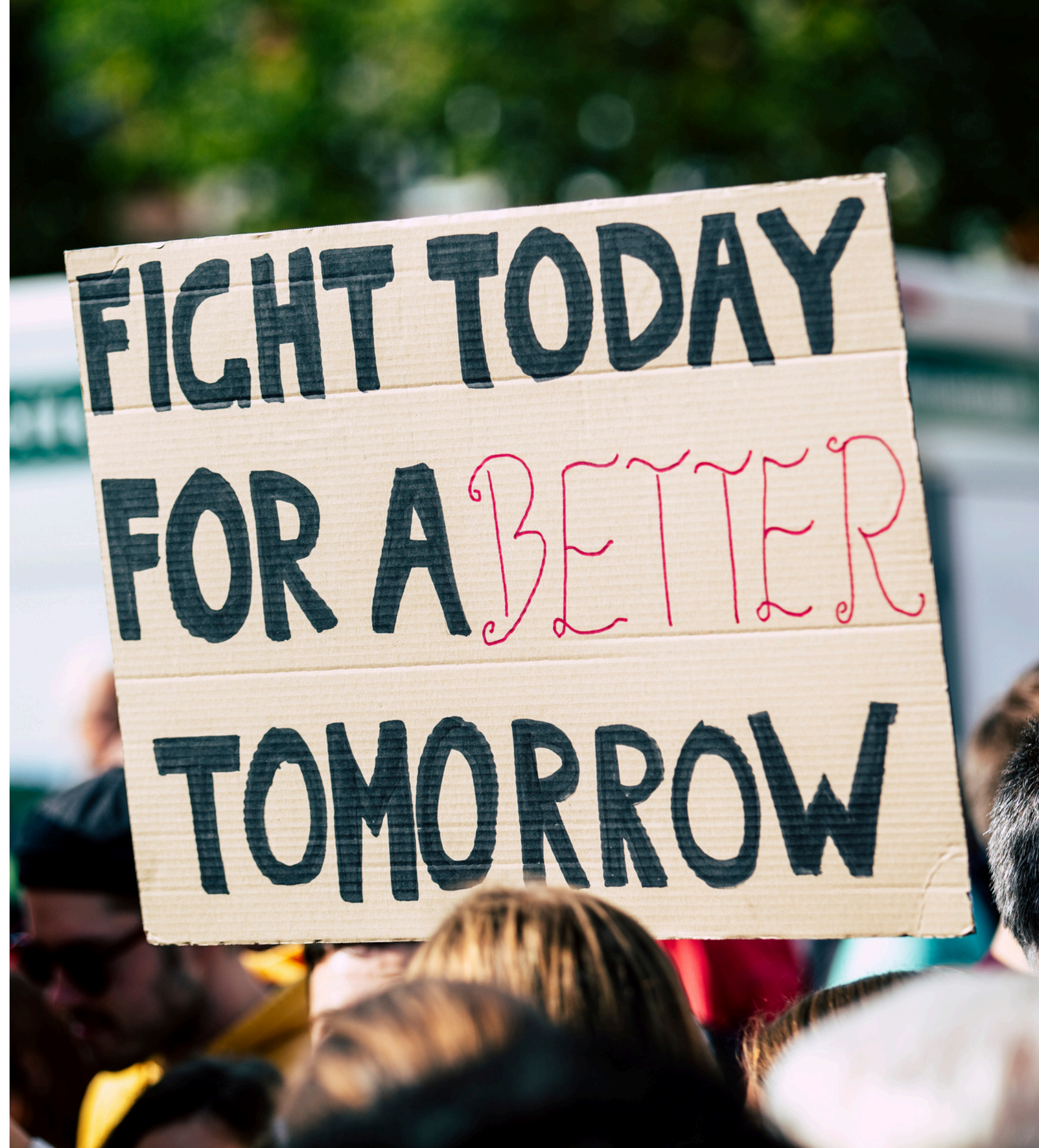
This is the 4th year of an official Long Covid Long Covid Awareness Day (March 15th) and month (March). This year the focus will be on the heart problems people face with Long Covid. Long Covid is a debilitating chronic disease that needs awareness and solutions.

## ILCA 2026: HEART FOCUS



### Overview Of ILCA Day

<b>Cause</b>	International Long Covid Awareness Day
<b>Date</b>	March 15, 2026
<b>Hashtags</b>	#LongCovidAwareness #LongCovid #ILCAD2026 #LongCovidHeartBeats
<b>Tagline</b>	Long Covid: Every heartbeat matters.
<b>More Info</b>	March is Long Covid Awareness Month. Teal, Grey, and Black are the colors for Long Covid Awareness.
<b>Website</b>	<a href="https://www.longcovidawareness.life/">https://www.longcovidawareness.life/</a>



# Long Covid Awareness Calendar (2026)

**LONG COVID:**  
*EVERY HEARTBEAT COUNTS*

**FIBROSIS  
 NECROSIS  
 PERICARDITIS  
 MYOCARDITIS  
 HYPERTENSION  
 HEART FAILURE  
 FIBRILLATION  
 HEART ATTACK  
 THROMBOSIS  
 VESSEL DAMAGE  
 ARRHYTHMIA**

*And more...*

**Every COVID infection can cause damage.  
 High quality masks can help protect you.**

#LongCovid  
 #LongCovidHeartbeats  
 #LongCovidAwareness

Date	Event/Demonstration	Icon
3/1	Long Covid Awareness Month Begins (Heart Focus)	♥
3/2	Covid Memorial (U.S.)	RIP
3/2	#LitForLongCovid Begins (LC Illuminations)	💡
3/4	MaskTogetherAmerica Long Covid Defense Series	👤
3/8	COVID-19 Day of Reflection (U.K.)	RIP
3/9	International Long Covid Kids Day	👨👩👧
3/9	Annapolis, MD Demonstration @ Capitol	🏠
3/11	Olympia, WA Die In Demonstration @ Capitol	🏠
3/14	International Long Covid Memorial Day	RIP
3/15	International Long Covid Awareness Day	🦠
3/15	Long Covid Twitter/X 24 Hour Marathon Space	X
3/15	Calgary Demonstration @ RiverWalk Plaza	🏠
3/15	Montreal Demonstration @ TBA	🏠
3/15	Toronto Demonstration @ Queen's Park	🏠
3/15	Vancouver Demonstration @ Vancouver Art Gallery	🏠
---	See more here: <a href="http://www.longcovidawareness.life/calendar">www.longcovidawareness.life/calendar</a>	📅

# 2026 Illuminations

- Aljafería Palace
- BC Place Stadium
- Casasars Superdome
- Calgary Tower
- Camden Yards Complex
- Cardiff Castle
- CN Tower
- Dublin City Council
- Leeds Town Hall
- Long Beach, CA Airport & City Hall
- Los Angeles City Hall
- Hull Town Hall
- M&T Bank Stadium
- Mayo Clinic Campuses
- Melbourne Town Hall
- Niagara Falls
- Peace Bridge
- Pennsylvania State Capitol
- Puerto Rico Capitol Building
- Rogers Centre Ottawa
- Royal Australian Mint
- San Diego Convention Center
- San Francisco City Hall
- Seattle Convention Center
- Toronto City Hall 3D Sign
- U.S. Bank Stadium
- Vancouver City Hall & Convention Center



# #LitForLongCovid

2024 --- ≈10 in 4 Countries

2025 --- 106 in 8 Countries

2026 --- 437 n 18 Countries





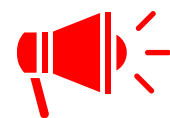
## Statistics

- 400 million+ worldwide with Long Covid, including millions of children
- An estimated 5,000 Long COVID deaths in the U.S. (an undercount)
- 52% ▲ Stroke, 63% ▲ Heart Attack, 72% ▲ Heart Failure risk in year after Covid Infection
- \$3.7 trillion est. cost of Long COVID to U.S. economy (2022)
- 2-4 million people estimated to be out of work due to Long Covid



## Demonstrations

- 3/9: Annapolis, MD Demonstration @ Capitol
- 3/11: Olympia, WA Die In Demonstration @ Capitol
- 3/13: Long COVID : 6 years of Inaction (Paris, France)
- 3/15: Calgary, CAN Demonstration @ RiverWalk Plaza
- 3/15: Montreal, CAN Demonstration @ TBA
- 3/15: Toronto, CAN Demonstration @ Queen's Park
- 3/15: Vancouver, CAN Demonstration @ Van Art Gallery
- 3/15: Long COVID Aragón Demonstration (Zaragoza, Spain)



# 6

**Years & Counting**



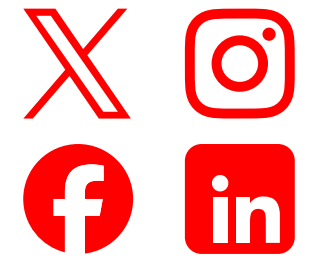
## Social Media Accounts

**Twitter/X:** [@LCawarenessInt](#)

**Instagram:** [@LCawarenessInt](#)

**Facebook:** [International Long Covid Awareness](#)

**LinkedIn:** [International Long Covid Awareness](#)



## Press Releases

**Press Releases Link:**

<https://www.longcovidawareness.life/press-releases>



## Contact Information

**Main contact for media and other inquiries:**

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## Shareable Assets + More Information

To learn more about International Long Covid Awareness such as event history, about Long Covid prevention, past press, and to get usable logo and graphic assets (see Graphics page) you can visit

<https://www.longcovidawareness.life/>



**Cure Long Covid**