

2022 brought everyone back to the office after the Covid crisis, like a rebirth, barriers were down, meeting rooms were filled and colleagues were reunited.

However, even if the symptoms appeared less serious, the virus was still lurking insidiously, making its way among the civil servants like an unwelcome guest who, I discovered, can take over your body like a squat and settle in for good.

In the spring, tired, even exhausted, and facing a mental fog, I consulted a doctor for what I thought was overwork and discovered that I was the victim of a long Covid following a totally asymptomatic infection.

Long Covid can take different forms and affect different organs, but there's always one thing in common: immeasurable fatigue - difficulty getting around, loss of memory, ability to concentrate like a goldfish.

It's hard to cope with and take on a professional life...

It's hard to make your superiors understand the invisible pain you feel...

It's hard not to know how long this condition will persist - 6 months, a year, two years...

It's hard not to have a cure because there isn't one...

It's hard not to be frightened by a medical profession that knows so little about it...

It's hard to Oops, I forgot... thank you for your indulgence 😊

According to the statistics, Covid long now affects 10% of those infected. That's a huge number! Such a rate cannot be neglected and our professional environment must take it into account.

Covid long is part of our daily lives and can affect anyone over a more or less long period, with all the worries that can entail (sick leave, social security cover, contracts, etc.).

TALK ABOUT IT!

Be kind to yourself and your colleagues!

Take care of yourselves! Take care of all of us!