

# UNDERSTANDING LONG COVID

## A WORKSHOP FOR BICULTURAL AND BILINGUAL WORKERS

Did you know that **up to 30% of people** who had COVID will have long-term side effects? Communities in Melbourne who have been affected by COVID are at higher risk of their members having Long COVID.

The Centre for Culture, Ethnicity and Health is offering a **NEW 60 minute workshop** to help you understand Long COVID and how it can affect your community.

In the training, you will discuss:

- **What is Long Covid?**
- **Possible symptoms**
- **How many people does it affect?**
- **What can you do to protect yourself and your community?**

This **FREE** interactive workshop includes group activities, videos, and lots of opportunity for questions.

Interested? Do you have a group of Bicultural and Bilingual Workers in your agency (minimum of 5 participants per workshops is required)?

The workshop is only offered until the end of November, so book quickly!

Contact **Dr Ambereen Farouque** at [ambereenf@ceh.org.au](mailto:ambereenf@ceh.org.au) to book a date