



# THE BOROUGH OF LITTLESTOWN

## PROCLAMATION

### LONG COVID AWARENESS DAY

**WHEREAS**, Long COVID is an infection-associated chronic condition (IACC) that occurs after SARS CoV-2 infection for at least three months as a continuous, relapsing and remitting, or progressive disease affecting one or more organ systems, and is often debilitating and disabling, estimated to impact over 22,000,000 adults and 1,000,000 children in the United States; and

**WHEREAS**, Long COVID can follow a SARS-CoV-2 infection regardless of severity or demographics and has over 200 documented symptoms which can vary by individual with the potential to worsen pre-existing health conditions and cause death months to years after an acute COVID-19 infection; and

**WHEREAS**, there is no biomarker, diagnostic test, or protocol to confirm a Long COVID diagnosis, no FDA-approved treatments or cures, and many providers are unprepared to identify, diagnose, or treat Long COVID due to lack of education and information, and some providers refrain from making a Long COVID diagnosis at all; and

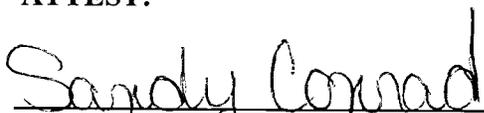
**WHEREAS**, Long COVID has had a devastating financial impact on individuals and the economy with an estimated economic cost of \$3,700,000,000,000 due to reduced quality of life, lost earnings, and direct medical care spending for those who suffer from Long COVID; and

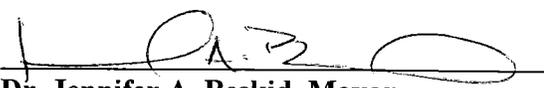
**WHEREAS**, Long COVID can be considered a disability under the Americans Disabilities Act of 1990 as it can impair an individual's ability to work, attend school, and provide self and family care. Long COVID can have a profound emotional and physical impact on patients, families, and caregivers, making investing in Long COVID research and promoting the development of treatment and diagnostic tools priorities to improve the quality of life for impacted individuals; and

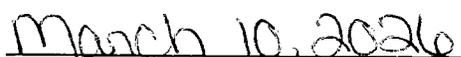
**WHEREAS**, people with Long COVID live in and visit the Borough of Littlestown, Pennsylvania.

**NOW, THEREFORE**, I, Dr. Jennifer A. Beskid, Mayor of the Littlestown, do hereby proclaim March 15, 2026, as Long COVID Awareness Day in the Borough of Littlestown. We recognize the patients, families, and caregivers affected by Long COVID, as well as the doctors and researchers who continue to advance the study and treatment of Long COVID.

**ATTEST:**

  
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Sandy Conrad, Secretary  
Littlestown, Pennsylvania

  
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Dr. Jennifer A. Beskid, Mayor  
Littlestown, Pennsylvania

  
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Date