

Proclamation

- Whereas*, International Long COVID Awareness Month was initiated by patient advocacy groups in 2023 to bring attention to a condition that affects millions worldwide; and
- Whereas*, Long COVID is a systemic and often debilitating and disabling long-term outcome of an acute COVID-19 infection; and
- Whereas*, while many individuals recover from COVID-19 within weeks, a significant number of people experience lingering symptoms and complications that persist for months, commonly referred to as Long COVID or post-acute sequelae of SARS-CoV-2 infection (PASC); and
- Whereas*, there are more than 200 documented Long COVID symptoms, which can vary from person to person and can include fatigue, cognitive impairment, muscle or joint pain, shortness of breath, heart palpitations, sleep difficulties, mood changes, and damage to organ systems and tissue; and
- Whereas*, the Department of Health and Human Services and the Department of Justice have issued guidance clarifying that Long COVID can be considered a disability under the Americans with Disabilities Act of 1990 ; and
- Whereas*, Long COVID has had a devastating financial impact on individuals and on the overall 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*, there are no approved cures for Long COVID, and most of the treatments involve addressing individual symptoms using established therapies; and
- Whereas*, raising awareness about Long COVID will foster greater empathy, reduce stigma, and enhance the collective efforts to address this emerging public health challenge; and
- Whereas*, the first Monday in March marks Long COVID-19 Memorial Day, an opportunity for remembrance of those we lost, recognition of caregivers' efforts, and reflection on lessons learned for future preparedness.

Now, Therefore, Be It Resolved that I, David Lesser, Mayor of the City of Manhattan Beach, California, on behalf of the City Council and the residents of Manhattan Beach, do hereby proclaim March 2026, as

International Long Covid Awareness Month

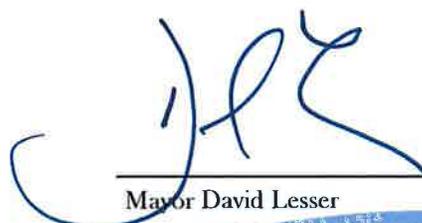
and acknowledge that raising awareness about Long COVID will foster greater empathy, reduce stigma, and enhance the collective effort to address this emerging public health challenge.

Dated this 3rd day of March, 2026.

ATTEST:



City Clerk Liza Tamura



Mayor David Lesser

