



Long Covid and Vaccination Educational Awareness Training Sessions

The session was delivered by Dr Caroline Dalton

Theme: Living well with Chronic Disease.

The long covid and vaccination awareness is among the series of Social Determinants of Health awareness training sessions that the United Women Affiliation organize, facilitate and conduct. In particular, the Long Covid and Vaccinations was delivered by Dr Caroline Dalton from Sheffield Hallam University.

The sessions help our service users not only to hear, but to clearly understand with examples that are communicated with their original local language and translated into English language.

The objectives of the sessions were (1) To understand what is Long covid and the consequences (2) The importance of vaccination



Outcome

Participants responded with their questions and worries, which was scientifically answered. 88% were very happy and gained confidence.

Increased trust on the information that they daunted. Opened and shared the myth from social media, which were counteracted with scientific data and experiences from the group.

Increased positive perception about covid-19 vaccination and booster dose.

Increased number of people (our service user) opted for vaccination and booster dose

Additionally, women learnt the symptoms of Long covid, and these were examples that some women experienced and shared within the groups:

Exhaustion, Shortness of breathing, Headache/migraine at times without figuring out why, Chest pressure/tightening, Muscle pain/aches, at times feeling dizzy/difficult standing up for long time, which makes some of them feel anxiety and depression.

On the other hand, Women asked about vaccinations, and these are the questions asked:

- How does it work
- Is it safe?
- Do vaccines really work?
- What about Booster and why do we need to have it?
- What about our kids
- What is the effect of vaccination on covid-19 Death?



Above are the united Women Association women listening to the vaccination session and response to their questions.

Testimonies

"Aaah I didn't know the truth and didn't want to have my jab but now I will go for it" (CMA). "I had first jab and felt so bad I talk to myself me never again, but with the information today I will go for another one" (MMC). "I was feeling everything that the facilitator was telling us, I listened to others experience mmmh I think I might have long covid I will see my GP as advised" (SA).

"I am confident that I can be able to feel myself unusual in my health and be able to take action so I good life, on this long covid ooh we better get prepared" (NAM)
"Thank you to UWA to bringing these people to educate us thing that we didn't know...ignorance is a disease itself and very bad." (HY, NA, AM, MMC, WS).