

# Risking Covid Infection?

## Make an **Informed** decision.

Covid-19 is not a respiratory illness, but one which **attacks the lining of blood vessels** throughout the body

(Janardhan et al., 2020 doi: 10.1111/jon.12770)



Study shows **100% of 400 non-hospitalised Covid patients had reduced total brain size** following infection vs controls

(Douaud et al., 2022 doi: 10.1038/s41586-022-04569-5)



**Children** recovered from mild infections show **persistent subclinical lung and heart damage** months later

(Heiss et al., 2022; doi: 10.1148/radiol.221250; Sabatino et al., 2023; doi: 10.3390/jcm12010186)



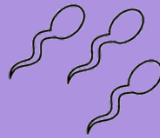
Even mild Covid infection causes **immune dysfunction** for many months, **increasing risk of other illnesses**

(Phetsouphanh et al., 2022, doi: 10.1038/s41590-021-01113-x; Winheim et al., 2021, doi: 10.1371/journal.ppat.1009742)



Men recovered from Covid infection show **reduced sperm counts**

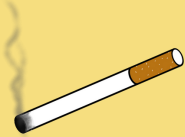
(Best et al., 2021 doi: 10.5534/wjmh.200192; Ghosh et al., 2022 doi: 10.1021/acsomega.1c06551)



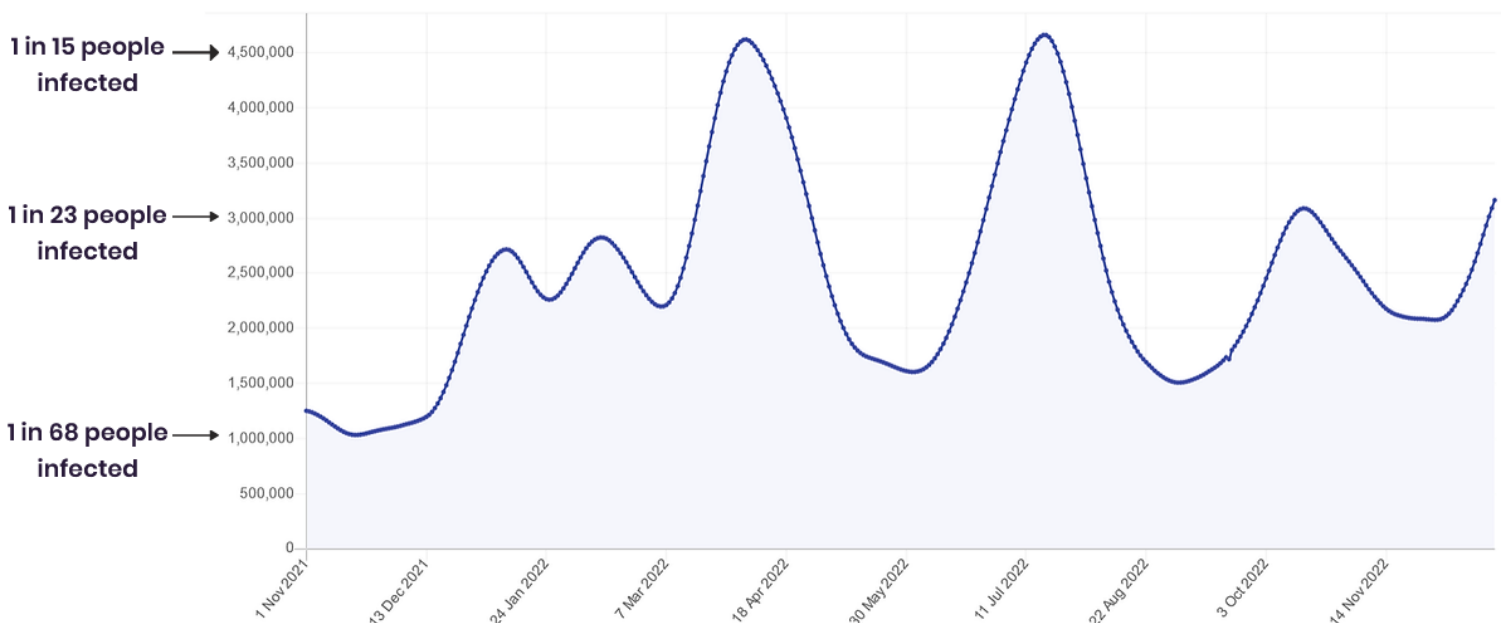
Covid-19 is **airborne** -it moves through the air like cigarette **smoke**.

Most infection is through **inhalation** of the virus

(Zhang et al., 2020 doi: 10.1073/pnas.2009637117)



### Estimated Total UK Covid-19 Infections



Graph from ZOE Covid Study. Data corroborated by ONS

More info: [covidhealthimpacts.co.uk](https://covidhealthimpacts.co.uk)