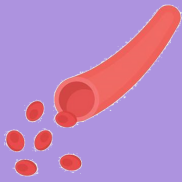


# Risking Covid Infection?

## 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)



**Reinfection increases risk of death, hospitalization and Long Covid by more each time**

(Al-Aly et al., 2022 \*preprint doi: 10.21203/rs.3.rs-1749502/v1); [businessinsider.com/who-official-individuals-coronavirus-infection-unlucky-long-covid-2022-6](https://www.businessinsider.com/who-official-individuals-coronavirus-infection-unlucky-long-covid-2022-6))



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

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



Covid infection causes **3-6x increased risk of erectile dysfunction**

(Sansone et al., 2021 doi: 10.1111/andr.13003; Hsieh et al., 2022 doi: 10.1016/j.sxmr.2021.09.002)



Covid infection leads to an average of **42% increased risk of Type 1 Diabetes** across all ages. **In children risk increases by 584%**

(Quedan et al., 2022 doi: 10.1371/journal.pone.0266809)



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)



**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)



**Vaccines** are good for reducing initial infection severity but **only slightly reduce risk of Long Covid**

(Al-Aly et al., 2022 doi: 10.1038/s41591-022-01840-0)



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)



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