



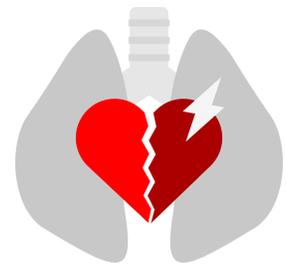
LONG COVID AWARENESS DAY & MONTH 2026

International Long Covid Awareness

INTERNATIONAL LONG COVID AWARENESS DAY

This is the 4th year of an official Long Covid Long Covid Awareness Day (March 15th) and month (March). This year the focus will be on the heart problems people face with Long Covid. Long Covid is a debilitating chronic disease that needs awareness and solutions.

ILCA 2026: HEART FOCUS



Overview Of ILCA Day

Cause	International Long Covid Awareness Day
Date	March 15, 2026
Hashtags	#LongCovidAwareness #LongCovid #ILCAD2026 #LongCovidHeartBeats
Tagline	Long Covid: Every heartbeat matters.
More Info	March is Long Covid Awareness Month. Teal, Grey, and Black are the colors for Long Covid Awareness.
Website	https://www.longcovidawareness.life/



Long Covid Awareness Calendar (2026)

Date	Event/Demonstration	
3/1	Long Covid Awareness Month Begins (Heart Focus)	
3/2	Covid Memorial (U.S.)	
3/2	#LitForLongCovid Begins (LC Illuminations)	
3/4	MaskTogetherAmerica Long Covid Defense Series	
3/8	COVID-19 Day of Reflection (U.K.)	
3/9	International Long Covid Kids Day	
3/9	Annapolis, MD Demonstration @ Capitol	
3/11	Olympia, WA Die In Demonstration @ Capitol	
3/14	International Long Covid Memorial Day	
3/15	International Long Covid Awareness Day	
3/15	Long Covid Twitter/X 24 Hour Marathon Space	
3/15	Calgary Demonstration @ RiverWalk Plaza	
3/15	Montreal Demonstration @ TBA	
3/15	Toronto Demonstration @ Queen's Park	
3/15	Vancouver Demonstration @ Vanocuver Art Gallery	
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2026 Illuminations

- Aljafería Palace
- BC Place Stadium
- Calgary Tower
- Camden Yards Complex
- Cardiff Castle
- CN Tower
- Dublin City Council
- Leeds Town Hall
- Long Beach, CA Airport & City Hall
- Los Angeles City Hall
- Hull Town Hall
- M&T Bank Stadium
- Mayo Clinic Campuses
- Melbourne Town Hall
- Peace Bridge
- Pennsylvania State Capitol
- Puerto Rico Capitol Building
- Rogers Centre Ottawa

#LitForLongCovid

2024 --- ~10 in 4 Countries

2025 --- 106 in 8 Countries

2026 --- 419+ in 18 Countries

- Royal Australian Mint
- San Diego Convention Center
- Seattle Convention Center
- Toronto City Hall 3D Sign
- U.S. Bank Stadium
- Vancouver City Hall & Convention Center





Statistics

- 400 million+ worldwide with Long Covid, including millions of children
- An estimated 5,000 Long COVID deaths in the U.S. (an undercount)
- 52% ▲ Stroke, 63% ▲ Heart Attack, 72% ▲ Heart Failure risk in year after Covid Infection
- \$3.7 trillion est. cost of Long COVID to U.S. economy (2022)
- 2-4 million people estimated to be out of work due to Long Covid



Demonstrations

- 3/9: Annapolis, MD Demonstration @ Capitol
- 3/11: Olympia, WA Die In Demonstration @ Capitol
- 3/13: Paris, FRA
- 3/15: Calgary, CAN Demonstration @ RiverWalk Plaza
- 3/15: Montreal, CAN Demonstration @ TBA
- 3/15: Toronto, CAN Demonstration @ Queen's Park
- 3/15: Vancouver, CAN Demonstration @ Van Art Gallery
- 3/15: Zaragosa, ESP



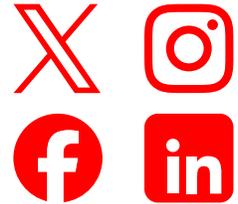
Social Media Accounts

Twitter/X: [@LCawarenessInt](#)

Instagram: [@LCawarenessInt](#)

Facebook: [International Long Covid Awareness](#)

LinkedIn: [International Long Covid Awareness](#)



Press Releases

Press Releases Link:

<https://www.longcovidawareness.life/press-releases>



Contact Information

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Shareable Assets + More Information

To learn more about International Long Covid Awareness such as event history, about Long Covid prevention, past press, and to get usable logo and graphic assets (see Graphics page) you can visit

<https://www.longcovidawareness.life/>



Cure Long Covid