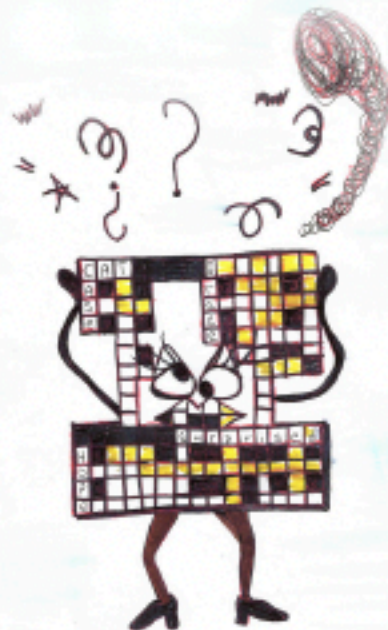

Long Covid Transformed My Mommy



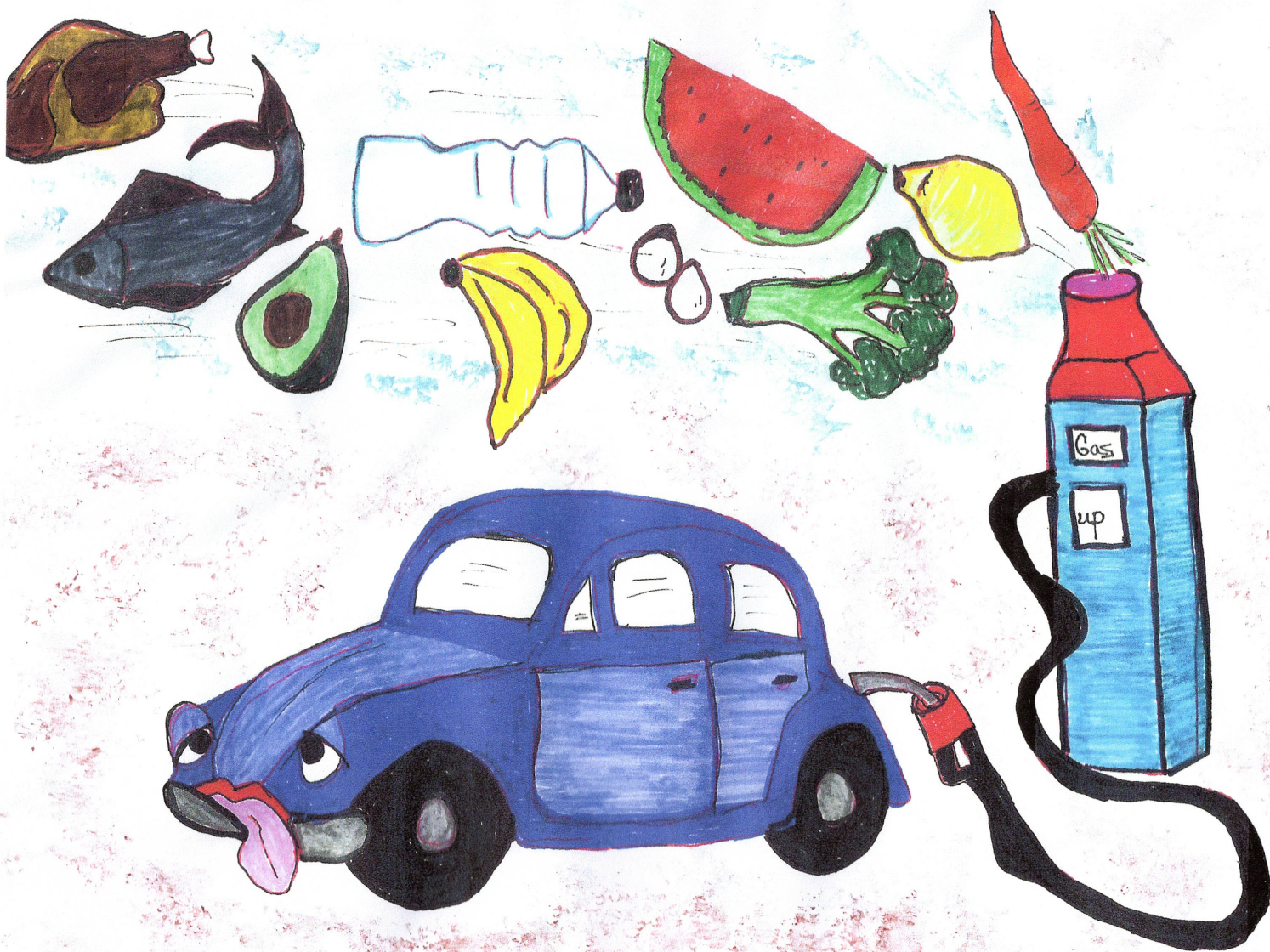
Written by
Sara Robitaille
(A mom living with Long
Covid)
Illustrated by
Sandra Thomas

My mommy has long covid. It's an illness that effects your whole body. So far, there is no cure. My mommy is very special, even if she doesn't look or act like other mommies.

My mommy is like a turtle that doesn't want to come out of her shell. She avoids loud noises and bright lights. She prefers cozy, quiet places.



My mommy is like a car with an empty gas tank. No matter how much she tries to pump fuel (healthy food) in her body, she always feels like she is running on empty.



My mommy is like a snail moving slowly,
thinking slowly, and stopping frequently.
She needs to rest and get back in her shell.



Sara is grateful to live with her husband and two children in sunny, Santa Clara, California. She caught COVID-19 in July of 2022, never imagining she would still be ill years later. Regularly spending 22 hours a day in bed resting to recover. Before becoming disabled by long covid, Sara spent over a decade passionately advocating for and improving the health and well-being of children and families on Medicaid.

Now she uses this knowledge to be her own best advocate and healer. She looks forward to energetic days ahead when she can use the knowledge acquired through this challenging experience to help others. For now, she finds joy in the simplest of pleasures. She lives in the moment, knowing that just like the phases of childhood, whether enjoyable or hard, it won't last for long..



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