

Dear Person in Charge for Lighting Site/Landmark,

We are writing on behalf of International Long Covid Awareness, the Long COVID Foundation, and the 100s of millions of people who suffer with Long COVID worldwide to request to light up your site/landmark for International Long Covid Awareness Day. Long COVID is a disabling illness with a complex list of more than 200 symptoms, resulting from a SARS-CoV-2 infection. These debilitating symptoms can last for weeks, months.

We are asking that you help to shine a light on International Long Covid Awareness Day, March 15, 2026.

The Long COVID Awareness colors in order of importance are:

Teal: #18929A

Gray: #939393

Black: #000000

By having your site/landmark shining its lights on March 15th you will help those battling Long COVID know that they are not alone. They will be reminded that people are working for a cure while raising awareness about the impacts of Long COVID.

Thank you for considering this request, if you have questions please feel free to email our team.

Kindest Regards,

Angela Laffin
International Long Covid Awareness



Devin Russell
Long COVID Foundation

